

## Show Your Appreciation and Thank a Veteran: November 11, 2019

Did you know that there are proven benefits of being grateful and showing your appreciation? Scientifically proven benefits of gratitude include:

- It opens the door to more relationships. Whether it's thanking the person who opened a door for you or sending a thank you note to a colleague that helped you with a project, acknowledging another person's contributions can lead to new opportunities.
- Improves psychological health. Gratitude reduces a multitude of toxic emotions, from envy and resentment to frustrations and regret. In fact, a leading researcher conducted studies that confirms gratitude effectively increases happiness and reduces depression.
- Enhances empathy and reduces aggression. Grateful people are more likely to behave in a prosocial manner, even when others behave less kindly.
- Improved self-esteem. Studies show that gratitude reduces social comparisons. Rather than being envious—a major factor in reduced self-esteem—grateful people are able to appreciate other people's accomplishments.



### 5 Ways to Express Your Appreciation on Veterans Day

Veterans Day is an important day for showing appreciation to members of our military, past and present. If you're looking for a way to honor a veteran in your life, or would like to show your appreciation in a meaningful way, here are a few suggestions.

- **Show up.** Attend Veterans Day events in your area.
- **Donate.** There are plenty of wonderful organizations who offer support, services and appreciation for service members.
- **Ask someone about their service.** Some questions to consider include: How did you choose to go into the branch of service you wanted to go into? Is anyone else in your family in the service? What was your favorite place that you were stationed at and why?
- **Write.** If you know a Veteran, write a thank you letter that recognizes them on Veterans Day. If you don't know a Veteran, look up the closest military installation and send one there.
- **Visit a VA Hospital.** Many VA facilities have Veterans Day events or a special lunch that you can help prepare. Even if you never interact with a veteran, helping at a facility is a way to give back.

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