

GRATITUDE BUMP

*Improving where you
work, learn, and live*



MEGAN G. MAYER



46TH ANNUAL EDUCATIONAL CONFERENCE

COTILLION

Season of Parties to Teach Manners



“BECAUSE I SAID SO”

***Professional
Academic
Financial
Relational***

***Mental Health
Physical Health***



Improved Success, Productivity
Improved Joy, Satisfaction
Improved Relationships

GRATITUDE BUMP

Four Step Method

- 1. THANK YOU***
- 2. NAME***
- 3. WHAT***
- 4. WHY***

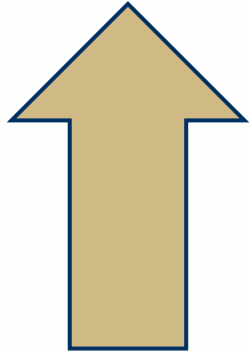
Highly Stressed Highly Depressed

- World Health Organization
- United Nations
- U.S. Surgeon General
- Center for Disease Control

Half of all mental health conditions start by age 14; suicide was second leading cause of death for 15-29 year olds W.H.O.

Youth especially hard hit by pandemic; predict increased needs in future United Nations

Mental health challenges in youth are real, and they are widespread U.S. Surgeon General

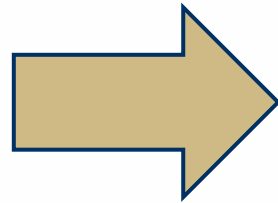


***Productivity
Mental Health
Relationships***



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***“BECAUSE
I SAID SO”***



***“BECAUSE
RESEARCH
SHOWS”***

The “WHAT”

“Thank you, Jim, for speaking up for me at this morning’s meeting. I really appreciate that you noticed my work, and made sure I got credit for it.” That recognition means a lot to me.

3 Good Things Study



*Martin Seligman, Ph.D. et al.
University of Pennsylvania
2005*

3 Good Things Study

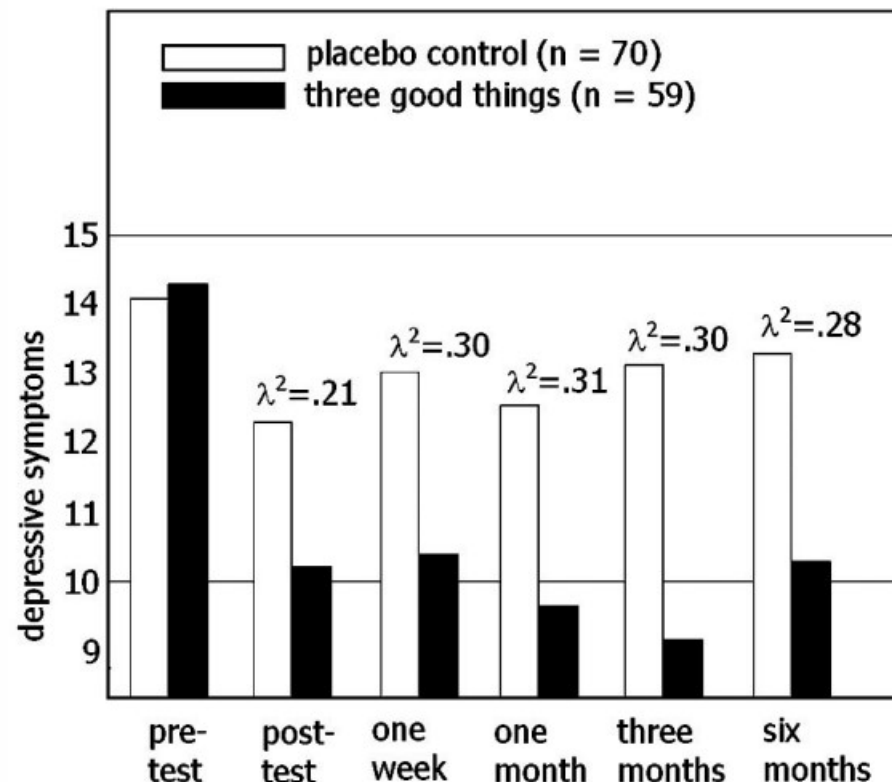
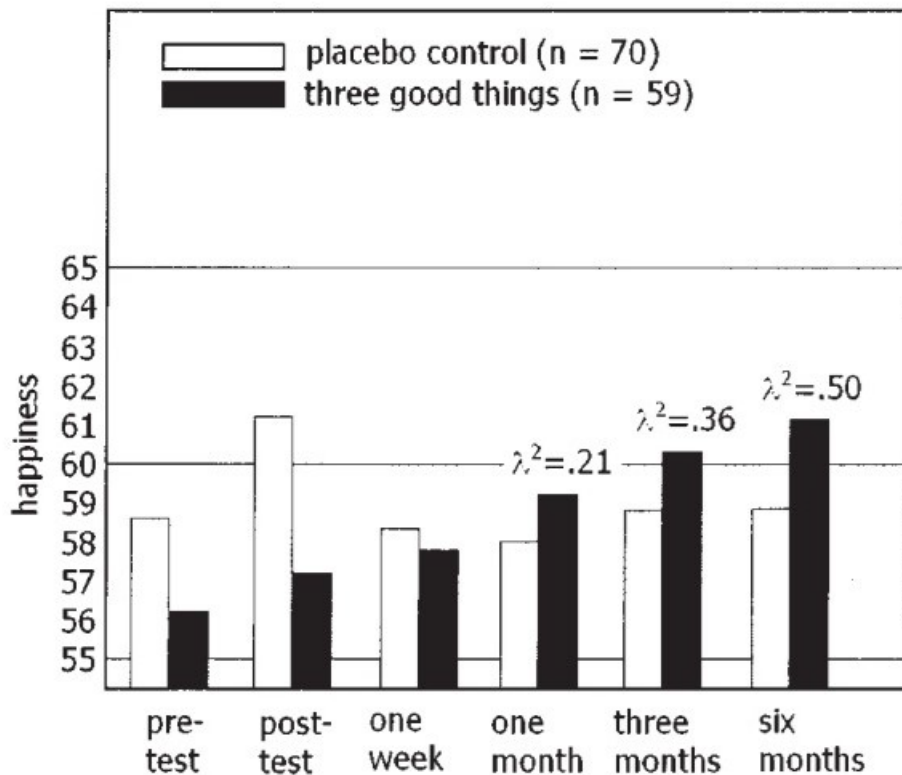
End of each day

One week

Handwritten

Measured for 6 months

3 Good Things Study



3 Good Things Study

End of each day
One week
Handwritten
Measured for 6 months

Depressive Symptoms
Mental Well Being
Grew Over Time
6 Months
Magnified if Extended

3 *Good Things Study*

- *While Listing*
- *While Recognizing*
- *While Looking*
- *Expanding*

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Network
for
IMPACT

Hope Grows in Gratitude

-Kevin Monroe



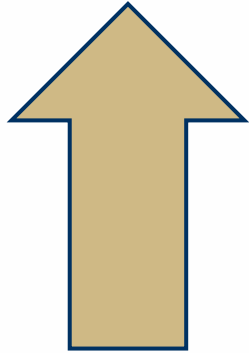
HOPE



HOPE







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Thank you!



Gratitude Bump

*How to Create Happiness and Success
for You and Your Children*

Join my book launch team!



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