**Holiday Greeting |
Holiday Season – LPL**

*Must be used with your Advertising Review Team approved letterhead or email signature.*

LPL Compliance Approval # 472174-1

The attached has been given an 'Approved As Is' status by the Advertising Review Team. Advisors who are interested in using and/or customizing pre-approved materials should ensure an understanding of the **Pre-Approved Communications** section of the **Advisor Compliance Manual** posted on ClientWorks. This section of the compliance manual includes instructions on how to use pre-approved materials and meet the necessary Books and Records requirements.

# [Subject line] Gratitude is the Real Gift this Holiday Season

“Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings,” said the late writer William Arthur Ward.1

While we generally express gratitude on Thanksgiving, we can extend that throughout the entire holiday season to change all our holidays into blessings.

And expressing gratitude is not just about feeling good emotionally. The Mayo Clinic reports that expressing gratitude is linked to numerous mental and physical advantages, such as enhanced sleep, mood, and immunity, and reduced symptoms of depression, anxiety, chronic pain and disease risk.2

This holiday season can be when you start a daily gratitude practice. The Mayo Clinic recommends starting each day off by thinking of somebody you are grateful for. Then send them a text or message noting that you’re grateful for them and expressing why that’s the case.2

We know what we are grateful for this holiday season – you! Thank you for being part of our family and have a wonderful holiday season!

Sources:

1 <https://www.brainyquote.com/quotes/william_arthur_ward_676240>

2 <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/can-expressing-gratitude-improve-health>

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