

From: [Frazier, Emily](#)
To: NDSU-THRIVE@listserv.nodak.edu
Subject: Thrive@NDSU: Thank Someone
Date: Monday, April 8, 2024 10:56:26 AM
Attachments: [image001.png](#)
[image003.png](#)



Showing gratitude is a powerful thing. Research shows that those who express gratitude are better positioned to focus on the positive, build and maintain relationships, and have improved life satisfaction and overall well-being. So, in the spirit of improving your life, think about someone who has made a difference in your NDSU experience this year and thank them. Let them know that their work, help, or friendship has been important to you. Go ahead, make their day! It might just make yours as well!

Emily Frazier, EdD

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We collectively acknowledge that we gather at NDSU, a land grant institution, on the traditional lands of the Oceti Sakowin (Dakota, Lakota, Nakoda) and Anishinaabe Peoples in addition to many diverse Indigenous Peoples still connected to these lands. We honor with gratitude Mother Earth and the Indigenous Peoples who have walked with her throughout generations. We will continue to learn how to live in unity with Mother Earth and build strong, mutually beneficial, trusting relationships with Indigenous Peoples of our region.

