



THE POSITIVE EFFECTS OF EXPRESSING GRATITUDE

“Showing gratitude is one of the simplest yet most powerful things humans can do for each other.” ~ Randy Pausch

Thanksgiving is an opportunity to think about and express our gratitude. We are thankful for our relationship with you and our work together during the past year. We wish you a joyous Thanksgiving holiday.

RESEARCH ON GRATITUDE

Recent research studies have concluded that expressing gratitude is associated with improved health and more loving relationships. It turns our attention to what we have, rather than what we don't have. It prompts us to notice what is positive in our lives, which magnifies the pleasure we experience in life.

Physical Benefits:

- Stronger immune systems
- Fewer aches and pains
- Lower blood pressure
- Increased energy and vitality
- Improved quality and duration of sleep

Psychological benefits:

- Magnified levels of positive emotions
- Improved overall mental health
- Increased ability to manage stress and reduce anxiety
- Higher sense of self worth
- More joy and pleasure
- More optimism, happiness and life satisfaction
- Increased ability to maintain an exercise routine

Social benefits:

- Stronger interpersonal relationships
- Increased feelings of connectedness with others
- More forgiving
- More generous and compassionate
- More outgoing

WAYS TO CULTIVATE A GRATITUDE PRACTICE

Keep a daily gratitude journal. Make it a habit to write down 3 things you are thankful for.

Express appreciation. Tell a spouse, partner, family member or friend something you appreciate about him or her every day.

Acknowledge yourself. Look in the mirror and think about something you have done well recently or something you like about yourself.

Write a thank-you note. Let someone know how much you enjoy and appreciate their generosity, gift or impact on your life.

Expressing gratitude is one of the simplest ways to feel happier, healthier and increase our overall well being.

READ MORE

Healthy benefits of gratitude:

http://www.huffingtonpost.com/2012/11/22/gratitude-healthy-benefits_n_2147182.html

The Neuroscience of Gratitude:

<http://www.dailygood.org/story/578/the-neuroscience-of-why-gratitude-makes-us-healthier-ocean-robbins/>

One of our favorite books:

[Living in Gratitude: A Journey That Will Change Your Life](#), by Angeles Arrien