



Gratitude and Mindfulness

The benefits of practicing gratitude are nearly endless. Along with making you feel good, it can also improve your health. People who regularly practice gratitude by taking time to notice and reflect on the things they're thankful for experience more positive emotions, feel more alive, sleep better, and express more compassion and kindness.

Research has found that showing gratitude can also inhibit the stress hormone cortisol, lower blood sugar and even improve immune function.

Source: Happify: <https://www.happify.com/hd/the-science-behind-gratitude/>

Trivia time:

What percentage of our happiness is controlled by our thoughts, behaviors and actions?

Answer: About 40%, but it can vary from person to person. The remaining 50% is biological and 10% is based on our circumstances.

Source: Happify: <https://www.happify.com/hd/science-of-happiness-infographic/>

Reflection questions

1. Y N I often think about what I'm grateful or thankful for in life.
2. Y N I feel happy or satisfied with most parts of my life.
3. Y N It's easy to reflect on the positive aspects of the world.
4. Y N I look forward to the future with hope and enthusiasm.

If you answered 'no' to any of these questions, you may benefit from practicing gratitude!

Source: Health Shelf

How to practice gratitude

Write thank you notes: When someone helps you out or you want to let someone know you appreciate them, write them a thank you note. A hand-written card or letter will make a big impact.

Keep a gratitude journal: Find a way to write down things you're grateful for. And do it often.

Practice meditation: Find a place you can relax without distractions. Control your breathing. Focus your thoughts on gratitude.

Give service: Volunteer, donate blood or make a meal for a friend. It's a powerful way to help you recognize things to be thankful for in your own life.

Give compliments: Compliment others more often for doing their best.

Source: Health Shelf