

mental fitness

A little gratitude goes a long way.

This statement has more significance than we first thought. Being grateful for the people around us and the things we have can help extend your life and strengthen your mental wellbeing. A simple thank you is all it takes.



Great reasons to be grateful.

Gratitude improves psychological health. Gratitude reduces a multitude of toxic emotions, from envy and resentment to frustration and regret. Research confirms that gratitude effectively increases happiness and reduces depression.

Research found that a one-time act of thoughtful gratitude produced an immediate 10% increase in happiness and 35% reduction in depressive symptoms. Regular grateful thinking can increase your happiness by as much as 25%.

Gratitude improves physical health. Grateful people experience fewer aches and pains and report feeling healthier than other people, according to a 2012 study.

A recent study found that gratitude creates a healthier heart. In the same study, gratitude was also associated with improved sleep and decreased fatigue.

Grateful people are also more likely to take care of their health. They exercise more often and are more likely to attend regular check-ups, which is likely to contribute to overall longevity.

Saying thanks is linked to reduced stress.

Developing an 'attitude of gratitude' is one of the simplest ways to improve your mental resilience.

The regions of the brain associated with gratitude are part of the neural networks that light up when we socialise and experience pleasure. These regions are also heavily connected to the parts of the brain that control basic emotion regulation, such as heart rate and arousal levels, and are associated with stress relief.

Feeling grateful creates a more relaxed body state and allows the benefits of lowered stress to improve your physical and mental wellbeing.

What are you grateful for in your life? Say thank you to someone each day.

Incorporating even a 5-minute gratitude practice into your day can completely alter your mindset.

Easy ways to start being more grateful.

Practice some of the following activities and see how they positively influence your connectedness and wellbeing.

- Say thank you to someone who has done something helpful or for just being there when you need a shoulder to lean on.
- Write a gratitude email or note to a friend, colleague or family member.
- Count your blessings. Write them down on a piece of paper or object and keep them visible.
- Acts of kindness: help someone with their shopping, volunteer to feed families in need, bake a cake for someone feeling low or sad.
- Keep a gratitude journal: at the end of the day note the colleagues that have assisted you, any difficulties you had, any improvements you would make if you had a do-over.

The more you gently remind yourself of the positives, the more easily a shift toward gratitude can occur.



“Enjoy the little things. For one day you may look back and realise they were the big things.” – Robert Brault

I'M GRATEFUL.

List some things or people you are grateful for. Try to list two each day for a week.



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Source: www.mindful.org/what-the-brain-reveals-about-gratitude/, <http://tinybuddha.com/blog/50-ways-to-show-gratitude-for-the-people-in-your-life/>, www.verywellmind.com/the-benefits-of-gratitude-for-stress-relief-3144867, Thanks!: How the New Science of Gratitude Can Make You Happier Hardcover– August 6, 2007 by Robert Emmons, www.brainpickings.org/2014/02/18/martin-seligman-gratitude-visit-three-blessings/, <http://zenhabits.net/10-great-ways-to-show-youre-grateful-today/>, www.ncbi.nlm.nih.gov/pubmed/16045394, <http://online.wsj.com/article/SB10001424052748704893604576200471545379388.html>, www.psychologytoday.com/au/blog/what-mentally-strong-people-dont-do/201504/7-scientificallly-proven-benefits-gratitude