

# Being grateful for gratitude

November 2015 Newsletter



Thanksgiving is coming and gratitude is “in season”. But there’s news that may make you value gratitude even more: It’s very good for your body, mind and mood.

## Gratitude helps relieve stress

Stress can make you sick. In fact, heart disease and cancer are just two serious illnesses with links to stress. Stress may be responsible for up to 90% of all visits to the doctor.<sup>1</sup>

Research shows that gratitude can help you manage stress. How? When you have a mindset of gratitude you focus on the good things in life. This attitude can bolster your ability to cope when things go wrong.<sup>1</sup>

Being a positive person also helps you attract and build connections with other people. That support really helps in times of stress.<sup>1</sup>

## It can lift your mood

Since gratitude is about seeing the good in your life, it fuels your mental and physical being with positive energy. It can enhance your mood. It also can boost the morale of those around you when they feel your “good vibes” and gratitude.<sup>2</sup>

## It may give you better ZZZZs

Feeling thankful just before going to bed may help you sleep better. Studies show that spending 15 minutes listing things you’re grateful for can help you fall asleep faster and stay asleep longer.<sup>1</sup>

## It can help relationships

Mutual respect and appreciation are keys to happy relationships. It can fortify your bond to thank your partner or spouse often – even for the smallest things.

## It may boost your immune system

Grateful folks are often optimists. And studies show that optimism can help in fighting off illness. Even folks facing surgery seem to fare better if they have a positive attitude.<sup>1</sup>

## Special benefits for teens

Grateful teens often have a more upbeat outlook on life than their peers. They also tend to get higher grades and show better behaviors in school.<sup>2</sup>

## Being mindful about gratitude

Saying thank you doesn’t always come naturally. It may take practice.

Anyone can build the skill. It’s like forming a new habit. You can choose to be grateful for what you have rather than unhappy about what you think you lack. Start by:<sup>3</sup>

1. Keeping a diary of things that make you thankful every day
2. Becoming more aware of the things others do for you
3. Consciously saying thank you more often

Gratitude shifts our focus from ourselves to others. It makes us more caring and mindful of what others mean in our lives.

<sup>1</sup>[www.webmd.com](http://www.webmd.com). Accessed September 2015.

<sup>2</sup>[www.huffingtonpost.com](http://www.huffingtonpost.com). Accessed September 2015.

<sup>3</sup>[www.livescience.com](http://www.livescience.com). Accessed September 2015.