

Gratitude



Leader Talking Points

- Gratitude is **affirming** goodness and **recognizing** the sources
- Research has found there are many benefits of gratefulness
 - Psychological: Positive emotions – alert, energetic, enthused, attentive
 - Physical: More exercise, better sleep, fewer symptoms
 - Interpersonal: More helpful and connected, less lonely and isolated
- Gratitude has also been linked to many physical health benefits
 - Enhances healthy behaviors
 - Enhances health sleep
 - Reduces blood pressure
 - Taking care of one's health
- Good gratitude...
 - Allows the celebration of the present
 - Can block toxic emotions (envy, resentment, regret, etc.)
 - Builds stress-resilience
 - Strengthens social ties
- Gratefulness vs. ungratefulness is about perception...
 - Lens of abundance vs. lens of scarcity
 - What life is offering vs. what life is denying
 - Life as a gift vs. life as a burden
 - Satisfaction vs. deprivation
- Obstacles to gratefulness include:
 - Negativity
 - Entitlement
 - Distractions
 - Inability to accept dependency
- Try developing a practice of gratitude that's best for you!
 - Try thinking about three good things that went well today
 - Write about why you are grateful for these things
 - Be creative and genuine