Gratitude

Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

The benefits of practicing gratitude are nearly endless. People who regularly practice gratitude by taking time to notice and reflect upon the things they're thankful for experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems.

Gratitude: inner reflections

People who focus on things they appreciate, as opposed to daily irritations or events that affect them, are more optimistic and feel better about their lives. Research shows they also exercise more and have fewer visits to physicians than those who focus on sources of irritation.

Gratitude: outer reflections

Saying "thank you" or "I appreciate you" acknowledges others and helps with motivation in being more productive. Research shows that managers who remember to say "thank you" to people who work for them found that those employees feel motivated to work harder.

Although it may feel unnatural at first, the positive mental state of gratitude grows stronger with use and practice.

Want to learn more?
Make an appointment with your Everside provider to discuss your lifestyle habits.

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