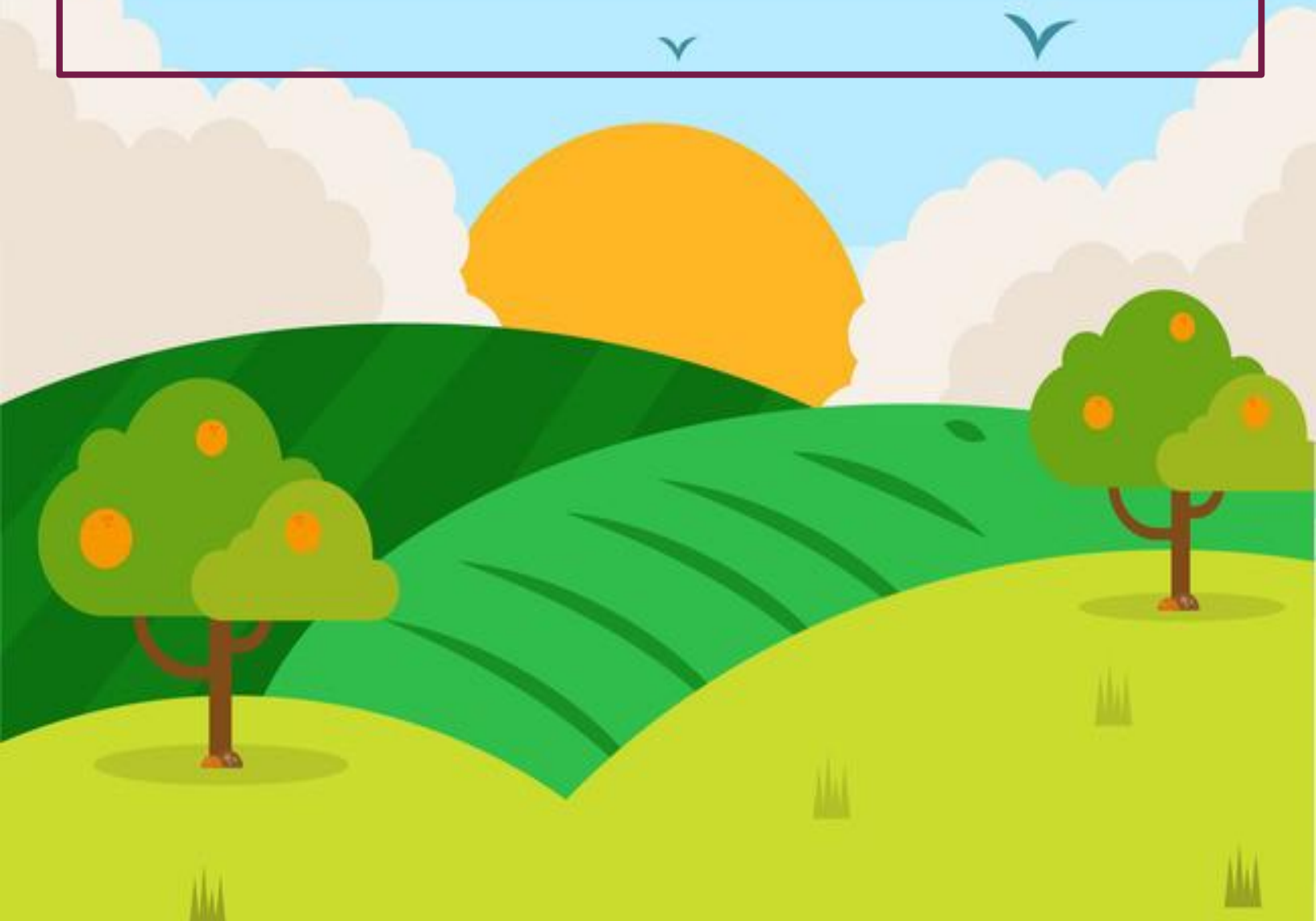


What is Gratitude?

Gratitude is defined by...

1. The affirmation of good things (We believe that there are good things in the world).
2. The recognition that the source of these good things is outside ourselves.



The Benefits of Gratitude

Increases sleep quality and sense of wellbeing in daily life.¹

Prevents onset of hypertension through stabilizing heart rate variability.²

Boosts prosocial behaviors that lead to increased emotional support.¹

Decreases circulating stress hormones.³



Ways to Practice Gratitude



1. Write down 3 good things you are grateful for that happened today.
2. Journal for 15 minutes on a positive experience before bed.
3. Write a gratitude card and deliver/mail it to someone you appreciate.

Interested in learning more about gratitude and other positive psychology opportunities on campus? Contact the SWAs or stop by the SWAffice today!

Getting to Gratitude

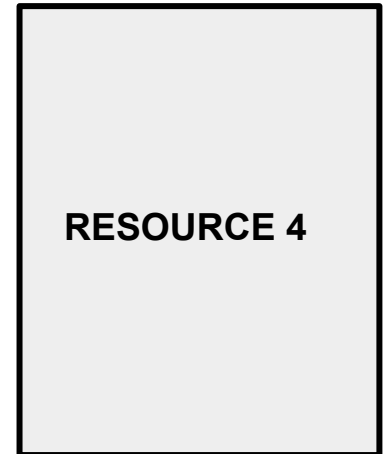
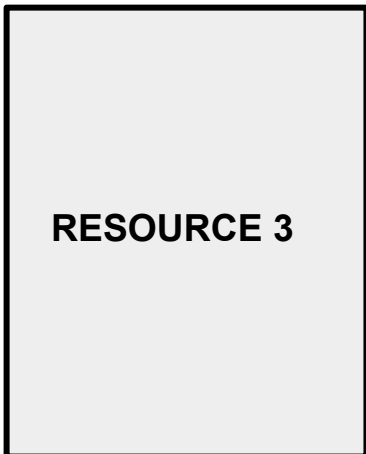
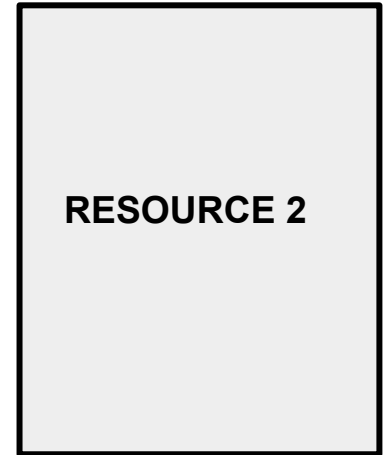
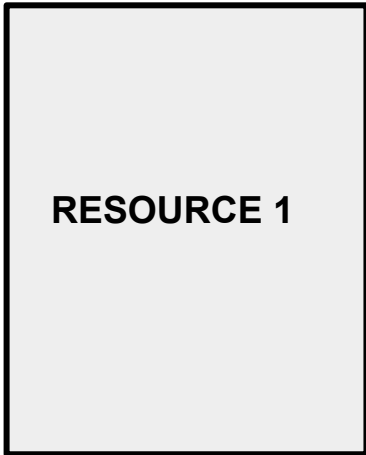
Being grateful may not always come easily. Here are some challenges to be aware of as you begin this practice:

- ***SELF-SERVING BIAS***: Accepting that source of good may be outside of yourself contradicts the Self-serving Bias, which is a psychological tendency where we tend to attribute good outcomes as a direct result of our own actions.
- ***CONTROL***: Gratitude goes against our need to feel in control of our environment. This can be difficult to do. When feeling like this, Dr. Robert Emmons suggest that sometimes with gratitude, you just have to accept life as it is and be grateful for what you have.
- ***EXTERNAL CIRCUMSTANCES***: Sometimes life throws a curveball and you may find it difficult to find the good outside of yourself. In times like these, find time to breathe and remind yourself of the good that has happened in the past and hold onto the hope for the good in the future.

(TITLE) Gratitude and You

(SUBTITLE)

(FLOOR), what are YOU grateful for?



NOTE: the Tree may need to be printed larger for your board.

Place post-its here

Tie/tape/place pens/markers/pencils to the board here



**HEALTH
PROMOTION**
CARLETON COLLEGE