gratitude.



what is gratitude?

Gratitude is...

- The affirmation of good things
- Believing that there are good things in the world, even when faced with challenges or stress.
- Acknowledging that the source of good things is outside yourself
 - Receiving something from another person, being thankful for daily experiences, or about qualities of your life

the benefits of gratitude

Practicing gratitude has been shown to:

- Increase sleep quality and sense of wellbeing
- Boost prosocial behavior that leads to increased emotional support

Prosocial behavior: an action that benefits others

- Prevent onset of hypertension through stabilizing heart rate variability
- Decrease circulating stress hormones
- Provide greater life satisfaction

gratitude and the brain

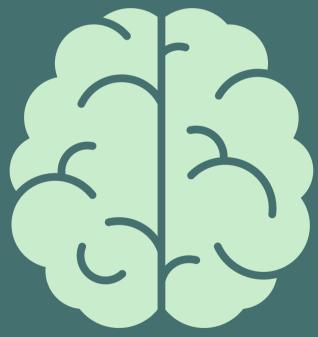
Gratitude improves mental health over time.

Engaging in gratitude can increase blood flow to the:

Hypothalamus, which is responsible for bodily functions such as sleep & stress



Research suggests that gratitude can help improve sleep and reduce overall stress levels.



Brain regions associated with the neurotransmitter dopamine



Dopamine promotes feelings of reward, encouraging the practice of gratitude in the future

ways to practice Gratitude Try putting a sticky note on

Write 3 good things you are grateful for.

Check out our
mindfulness
board and
meditation
workshop on the
OHP websitel

Practice gratitude through meditation and mindfulness.

Write a gratitude message and send it to someone you appreciate

Notice patterns in your journaling. If you often write about nature, the outdoors might bring greater feelings of gratitude.

Showing gratitude
can help you feel
more connected.
Try giving a
thumbs up in a
Zoom meeting next
time!

your mirror or leaving a

reminder in

your phone

Journal for 15 minutes on a positive experience before bed.

ways to connect with gratitude on campus

Nook Activities

- Gratitude rocks
- 2 Minute mornings
- Gratitude jars
- Gratitude guide

Time to Meditate

Offered weekly by SHAC and the Chaplain's Office



Meditation Workshop

Discusses the concept and benefits of meditation through practice & reflection.

CCCE

Get involved volunteering or something larger than yourself.

getting to gratitude

Being grateful may not always come easily.

Here are some challenges to be aware of:

Self-serving bias: attributing good outcomes as a result of your own actions.



Consider whether the source of good might be outside yourself by practicing gratitude.



Control: the tendency to want control in our environment and life.



When this happens, gratitude can help you accept life as it is and encourages you to be grateful for what you have.



External circumstances: life can throw curveballs, making it difficult to find good outside yourself



Find time to breathe and remind yourself of the good that has happened in the past and hold onto the good in the future.



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fold over or cut off

what are you grateful for?

fold over or cut off

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