



PRACTICING GRATITUDE

The People Project Practice #2

GRATITUDE

grat·i·tude (/ˈgrɑdθ,t(y)oʊd/)
noun

the quality of being thankful;
readiness to show appreciation for
and to return kindness.

Synonyms

appreciation, appreciativeness,
gratefulness, thankfulness, thanks



have an
Attitude
of
GRATITUDE
Thomas S. Monson.

THE PHYSICAL BENEFITS OF GRATITUDE

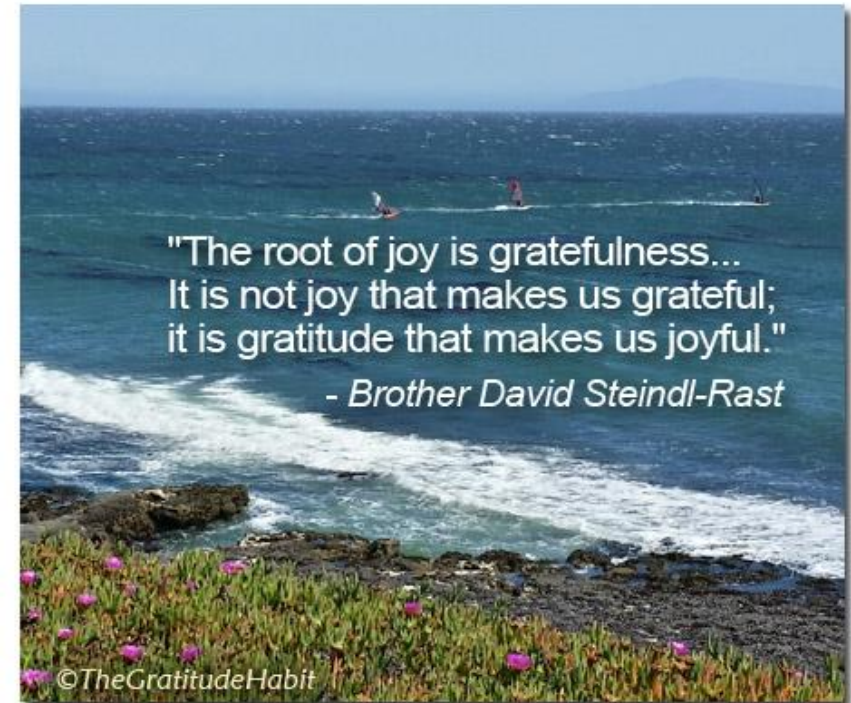
Decreased depressive symptoms and increased feelings of well being ^{5,1}

Improved psychological well-being ⁶

Improved working memory ²

Improved sleep ³

Improved immune system function ⁴



THE EMOTIONAL BENEFITS OF GRATITUDE

Allows for celebration of the present moment ¹

Increased empathy and reduced aggression ²

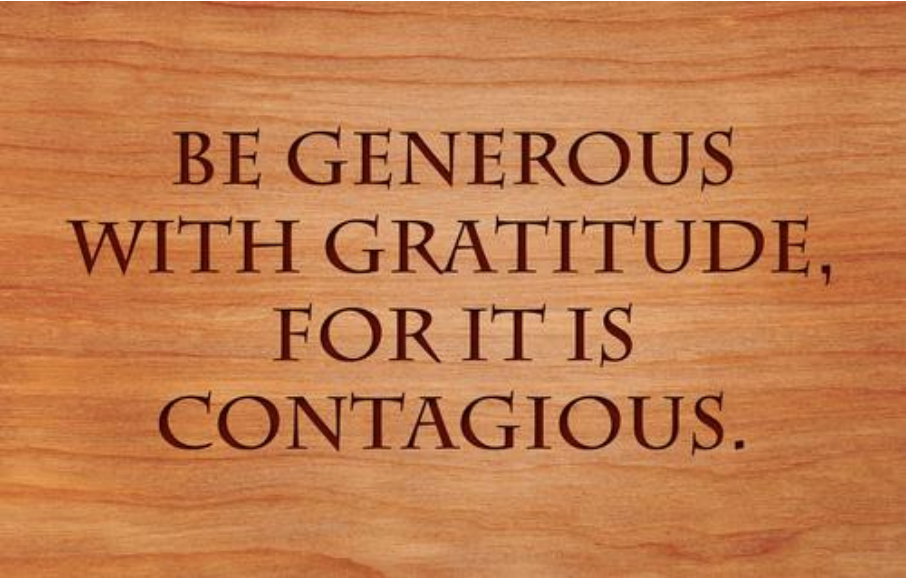
Increased mental strength, which aids in coping with trauma and PTSD ³

Improved coping with emotional upheavals ⁶

A more joyful life ⁷



THE RELATIONAL BENEFITS OF GRATITUDE



BE GENEROUS
WITH GRATITUDE,
FOR IT IS
CONTAGIOUS.

More relationships ¹

Improved relationships ²

Gratitude strengthens social ties and self-worth ³

Makes us less self-centered ⁴

Gratitude block toxic emotions (envy, resentment, regret, depression) ³



GRATITUDE PRACTICES

Deceptively Simple Practices for
you to try.

GRATITUDE PRACTICES — THREE GOOD THINGS

Each day for at least one week, write down three things what went well for you that day and an explanation of why they went well.

- You must actually **write** these things down, it is not nearly as effective if you just do this in your head.

This practice gives the pause in our day to remember the good things that happened, and we can begin to focus on and savor the good in our life.

Writing about the “why” of what went well helps us focus on the deeper goodness in our lives, not just the events.

Time Required: 10 minutes a day or less

** Full instructions on the next slide

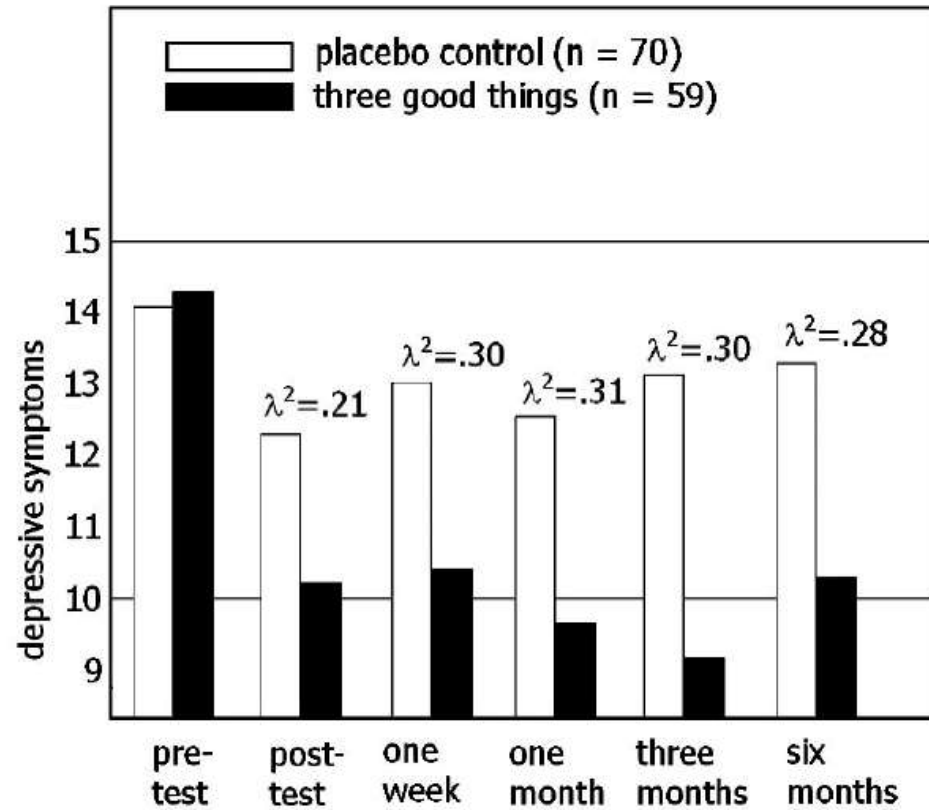
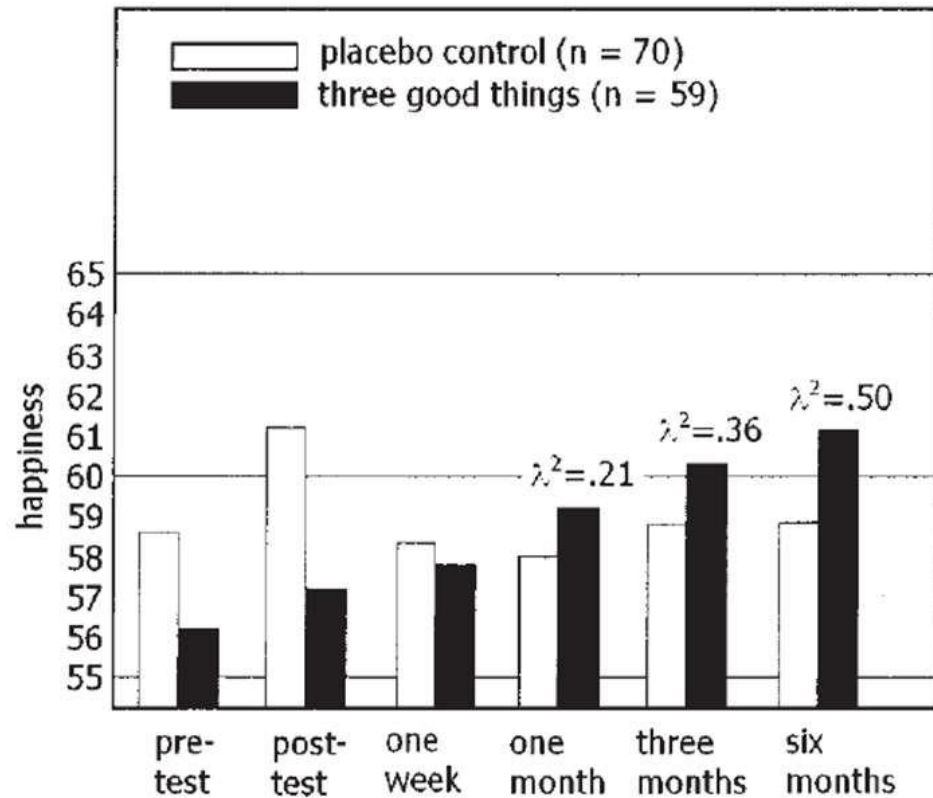


INSTRUCTIONS FOR THREE GOOD THINGS¹

1. Give the event a title (e.g., “co-worker complimented my work on a project”)
2. Write down exactly what happened in as much detail as possible, including what you did or said and, if others were involved, what they did or said.
3. Include how this event made you feel at the time and how this event made you feel later (including now, as you remember it).
4. Explain what you think caused this event—why it came to pass.
5. Use whatever writing style you please, and do not worry about perfect grammar and spelling. Use as much detail as you'd like.
6. If you find yourself focusing on negative feelings, refocus your mind on the good event and the positive feelings that came with it. This can take effort but gets easier with practice and can make a real difference in how you feel.

THREE GOOD THINGS EVIDENCE

(SELIGMAN, STEEN, PARK & PETERSEN, 2005)



GRATITUDE PRACTICES — GRATITUDE JOURNALING



Grab a notebook or journal and begin writing about what you are grateful for

- Write up to 5 things for which you are grateful
- What you write about can be of minor importance (I had a delicious lunch) or of major importance (I got a promotion)
- The goal is to remember the good people, things, and experiences of the day and feel the positive emotions that come with it
- The physical act of writing is critical – don't just do this in your head

There is no “wrong way” to keep a gratitude journal, but for best results:

- Write at least one entry a week for at least two weeks
- Three times a week is even better than every night a week
- Bedtime is a good time to write because you are more likely to remember to do it and you have an entire day's experience to choose from

BENEFITS OF GRATITUDE JOURNALING



People who kept a gratitude journal experienced more:

- Gratitude
- Positive Moods
- Optimism about the future
- Better Sleep

These effects were true for people who wrote in their journals daily for 2 weeks or weekly for 10 weeks¹

Gratitude journaling can help increase self-esteem²

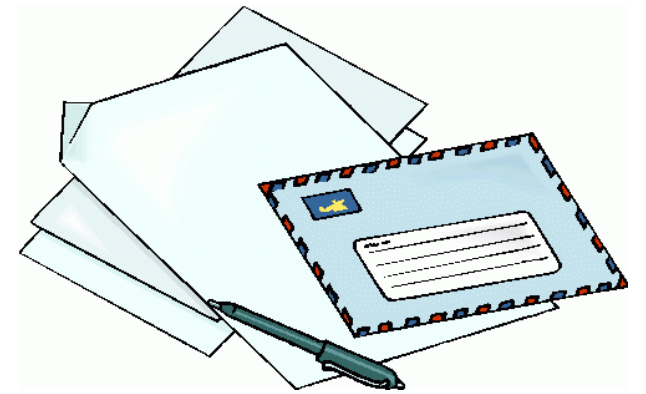


GRATITUDE PRACTICES — GRATITUDE LETTERS & VISITS

Write a letter of gratitude to someone, and for best results read it to them in person¹

Call to mind someone you are grateful to but to whom you never expressed that gratitude

- This could be a relative, friend, teacher, or colleague
- Ideally choose someone who you can visit face-to-face in the next week
- Try to think of someone you haven't thought about it a while
- Write it to them directly: Dear _____,
- Describe what they did and how they affected your life
- Keep it to about one page



GRATITUDE VISIT (AFTER THE LETTER)



Try to deliver your letter in person

- Plan a visit and tell them you have something special to share, but don't tell them what it is
- Tell them you are grateful to them and you would like to read a letter you wrote (without interruption)
- As you are reading, pay attention to how you feel and the receiver's reaction
- Be open to their reaction and discuss your feelings after it's read
- Don't forget to leave the letter with them
- If the person lives far away, try a Video Chat or a phone call
- If all else fails, mail the letter to them

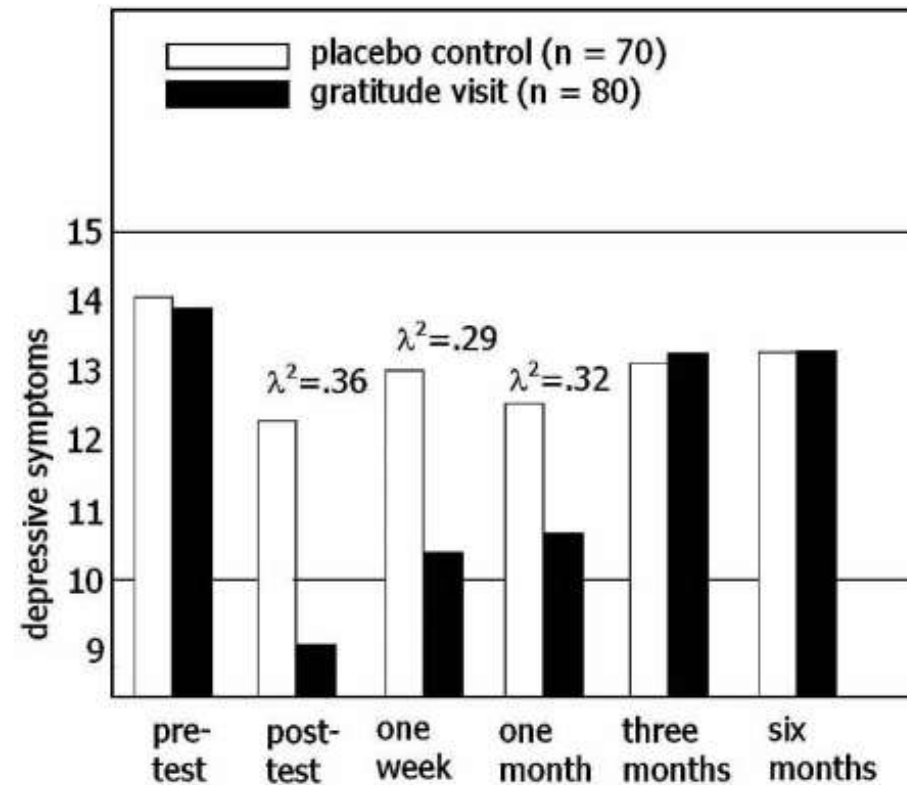
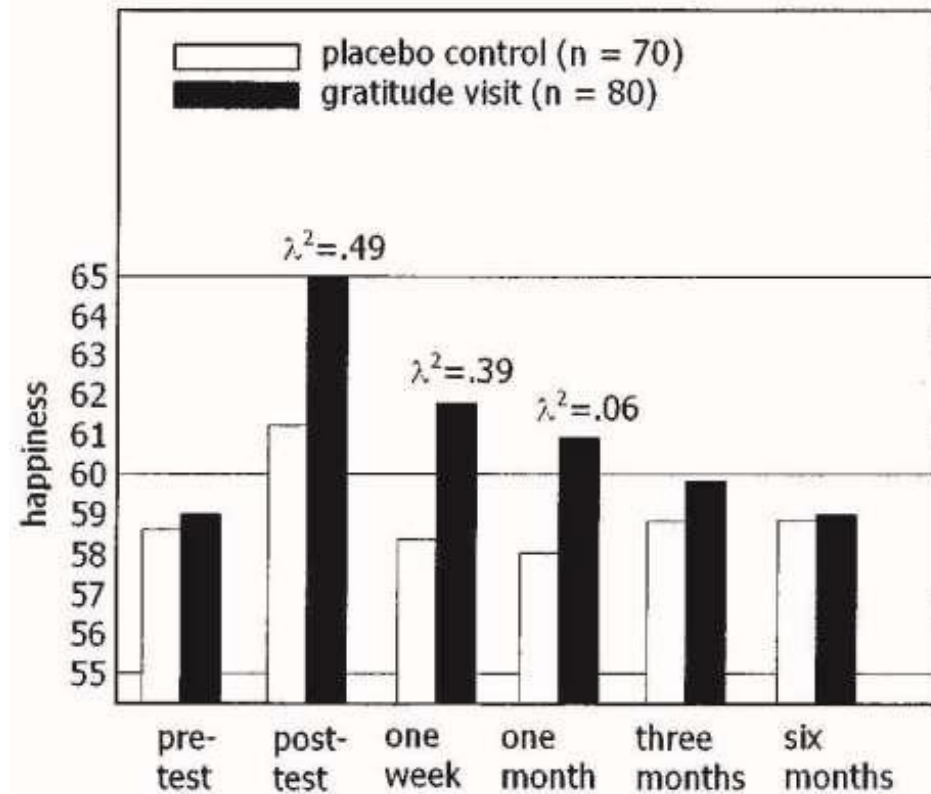
Watch this 7 minute video to see a version of this practice in action:

<https://www.youtube.com/watch?v=oHv6vTKD6lg>



GRATITUDE VISIT EVIDENCE

(SELIGMAN, STEEN, PARK & PETERSEN, 2005)



MAKING GRATITUDE PRACTICES YOUR OWN

There are many ways to practice gratitude, do what works best for you!

- Handwrite thank you notes and mail them
- Send people text messages and emails about something about them you are grateful for
- Thank strangers for kind acts like holding the door open, taking your grocery cart, or helping others
- Try a Gratitude Meditation
- Use a gratitude App – there are many out there, here are a few:
 1. Gratitude / Bliss App
 2. Gratitude Journal
 3. Gratitude 365 Pro
 4. Delightful: gratitude journal, private diary



GRATITUDE FOR A GROUP SETTING



Gratitude practices are great to practice in groups, here are just a few ideas:

- Start **staff meetings** with each person sharing something they are grateful for
- Have a family or team **gratitude jar** and write what you are grateful for on pieces of paper and place them in the jar. Read the jar on New Years Day, when the team needs a pick-me-up, or once a month. Do what works best for you.
- Use large flip chart paper and start a **public gratitude list** in a hallway or break room. It's fun to write your answers, and fun to read others'
- Host a **group activity** like "Making a gratitude collage" and share in the group and then display your collage at your desk.

What ideas have you tried? What ideas do you have?