

# WHAT ARE THE BENEFITS OF GRATITUDE



There is a science and neurobiological reason that gratitude is such a powerful force on mood, health, relationships and resilience. Here are six compelling reasons to begin a gratitude practice to help model grateful behavior for our kids and help them access the same benefits!

+ Happiness	+ Friends	+ Positivity	+ Health	+ Resilience	- Depression
<ul style="list-style-type: none"> <li>- higher self esteem</li> <li>- more + emotions</li> <li>- better overall outlook for future</li> </ul>	<ul style="list-style-type: none"> <li>- healthier relationships</li> <li>- satisfaction in friendships</li> </ul>	<ul style="list-style-type: none"> <li>- replenishes outlook</li> <li>- increase self care</li> </ul>	<ul style="list-style-type: none"> <li>- less body pain</li> <li>- sleep better</li> <li>- more patience</li> <li>- better overall health</li> </ul>	<ul style="list-style-type: none"> <li>- goal success</li> <li>- better rebound from negatives</li> <li>- happy lasts longer</li> </ul>	<ul style="list-style-type: none"> <li>- lower rates of depression</li> <li>- quicker recovery from depression</li> </ul>
<p>Gratitude impacts our happiness in a multitude of ways. Those that keep a gratitude practice feel better about themselves, feel they impact those around them more positively and feel more hopeful about their and their loved ones' future than those that don't have a regular gratitude practice.</p>	<p>Gratitude has an immense positive effect on our relationships. Those that witness folks practicing gratitude are more likely to seek an ongoing relationship. Those practicing gratitude also derive more satisfaction from their friendships than those who do not have gratitude practices.</p>	<p>Practicing gratitude can help decision making, future outlook, self care and help create a more desirable personality trait that attract others. People who practice gratitude are less likely to compare or judge themselves against others.</p>	<p>Gratitude is powerful enough that folks who engage in gratitude practices also report less aches and pains, are better at taking care of their physical health and actually sleep better by noting their points of gratitude prior to falling asleep. People that practice gratitude also tend to have more patience!</p>	<p>Practicing gratitude can help more positive moods last longer and help us rebound from negative mood states faster. Those that have struggled with trauma tend to recover faster and gratitude can help insulate us from the impact of emotional and mental stress.</p>	<p>Practicing gratitude can provide relief from negative mood states and depression and also help folks be less likely to become depressed. People that engage in practices also report less anger and aggression and more patience and less negative judgment of others.</p>
<p>Unknown</p>	<p>Gordon Hinkley</p>	<p>Alphonse Karr</p>	<p>Zig Ziglar</p>	<p>Neil Donald Walsch</p>	<p>Naomi Williams</p>
<p>"It is not happy people who are thankful; it is thankful people who are happy"</p>	<p>"Gratitude creates the most wonderful feeling. It can resolve disputes, strengthen friendships &amp; make us better men &amp; women."</p>	<p>"Some people grumble that rose have thorns; I am grateful that thorns have roses"</p>	<p>"The more you recognize &amp; express gratitude for the things you have, the more things you will have to express gratitude for."</p>	<p>"The struggle ends when gratitude begins"</p>	<p>"It is impossible to feel grateful and depressed in the same moment"</p>