

LEARN TO LIVE BULLETIN

Your guide in wellness & mental health

Being Thankful is Good for You

Grateful people may have better sleep, healthier hearts and fewer aches and pains.

I AM
grateful
FOR...

As you gather with family and friends this season, consider how you can show appreciation for those around you. *Gratitude* is a powerful word that means being thankful. You know that being kind to others is a nice thing to do, but did you know that being thankful and showing gratitude can improve your own health, as well?

- **Physical health:** People who are grateful report better physical health. Researchers discovered that gratitude was linked to doing healthy activities and seeking help for health concerns.¹
- **Emotional health:** One study found writing a list of “blessings” or things you’re grateful resulted in more positive emotions than writing a list of “hassles”.²
- **Sleep quality:** A racing mind and worry can cause sleep problems. Doing self-help activities such as gratitude lists, focusing on mental images, and constructive worry improves sleep.

If being thankful doesn’t come easy to you – or you simply lack the time and energy to make it a priority – try these tips. You may be surprised that you can develop regular gratitude habits!

- **Write a note:** Put pen to paper and go “old school” for maximum thoughtfulness. Try tucking a note into your partner’s or child’s lunchbox. Why not mail a handwritten “thank you” to the hostess of an event you attended?
- **Keep a journal:** Write down what you appreciated about your day. Jot a note about who made a positive impact and how you felt. You can use a physical notebook or go digital and save a list on your device.
- **Practice mindfulness:** Many people feel better mentally and physically when they take time out of their day to practice meditation or stress-busting techniques like Progressive Muscle Relaxation and Guided Imagery.
- **Say a mental thank you:** Are you really short on time and can’t send an email, text, or note to someone you appreciate? Take a minute to thank that person in your head. Think about their gesture and why you appreciated it. Maybe you can even think of ways to return the favor.

Join us for a live webinar! Retrain Your Brain: The Case for Gratitude this month. Learn how to strengthen your gratitude muscle to lower stress and improve your mood.

- [Monday, November 14th 11-11:30am CST/12-12:30pm EST](#)
- [Friday, November 18th 10-10:30am CST/11-11:30am EST](#)

Consider using Learn to Live’s Stress, Anxiety & Worry program for tools to help you cultivate gratitude. Visit learntolive.com/partners and enter the code **MIIA** to start a program today or scan the QR code below.

1. [Examining the Pathways between Gratitude and Self-Rated Physical Health across Adulthood - PMC \(nih.gov\)](#)

2. [Counting blessings versus burdens: An experimental investigation of gratitude and subjective well-being in daily life. - PsycNET \(apa.org\)](#)

