

GRATITUDE & WHOLE HEALTH

Gratitude and Well-being

Gratitude is good for your health and well-being, and there's research to prove it!

Physical Grateful people:

- . .
- Sleep more and sleep better
- Get sick less often
- Have better heart health
- Exercise more
- Are less bothered by aches and pains

Emotional

Social



- Are more helpful, compassionate, and generous
- Feel less lonely and isolated
- Are more forgiving and outgoing

Grateful people:

- Are happier and more optimistic
- Feel more joy and pleasure
- Feel more positive emotions
- Recover from stress faster



Adapted from The Greater Good Science Center at the University of California, Berkeley

Source: Future Learn: Gratitude and happiness: the importance of being grateful www.futurelearn.com

HOW YOU WILL START TO LIBERATE YOUR MIND

- Free the mind
 - o Brain dump
 - Journaling
 - Gratitude (documentation routine)
- Heal the mind
 - o Exercise mind (breathing exercises, reading, puzzles, colouring)
 - Mindful awareness (Hope & Optimism)
 - Meditation (Solitude & Silence)
 - Exercising the body is therapy to the mind (body-mind health)
- Instruct it
 - Affirmations (daily and even hourly)
 - Visualization (daily)
 - Positive input DAILY! (what are you listening to / allowing in?)

"It's not happiness that brings us gratitude but its gratitude that brings us happiness"