

Wellbeing Essentials Attitude of Gratitude

1

“Practising gratitude is one of the best ways to increase contentment and life satisfaction.”



resilientme
STRENGTH THROUGH UNDERSTANDING

Wellbeing Essentials 1

Attitude of Gratitude



In today's society it is normal to always want more; I have a super-fast smart phone but now I'd like a super, super fast smart phone, I have a two bedroom house but I'd really like a three bedroom house, I have a Vauxhall but I'd rather have a Mercedes and so on...

There is nothing wrong with this type of thinking, in fact, it is good to have something to aim for. But, the downside of this is that it can make us feel as if we never quite have enough or are never quite good enough.

Taking some time out, every day, to reflect on the things we DO have is hugely rewarding. It doesn't always have to be material things either; it can be family, friends, a sunny day, a nice experience, anything really.

I would recommend that you take two or three minutes out every morning to say thank you for the things in your life that you are grateful for.

It has a huge positive impact on your mental wellbeing and it puts life into perspective. It can get rid of small day-to-day annoyances that we often get tied up with; being impatient, judging others, being angry and so on.

It helps us to be less selfish and to increase our feelings of wellbeing, belonging and connection to others.

I found some wonderful research on the 'Psychology Today' website (see below). It said that there have been a lot of scientific studies done over the last decade and that these show multiple reasons for developing an attitude of gratitude including...

- *Gratitude helps you feel content. Practising gratitude is one of the best ways to increase contentment and life satisfaction. It also improves mood by enhancing feelings of optimism, joy, pleasure, enthusiasm, and other positive emotions. Gratitude also reduces anxiety and depression.*
- *Gratitude promotes physical health. Studies suggest gratitude helps to lower blood pressure, strengthen the immune system, reduce symptoms of illness, and make us less bothered by aches and pains.*
- *Gratitude improves sleep. Grateful people tend to get more sleep each night, spend less time awake before falling asleep, and feel more rested when they*



wake up. If you want to sleep more soundly, instead of counting sheep count your blessings.

- *Gratitude strengthens relationships. It makes us feel closer and more connected to friends and boyfriend/girlfriends. When friends feel and express gratitude for each other, they each become more satisfied with their relationship.*
- *Gratitude encourages "paying it forward." Grateful people are generally more helpful, generous of spirit, and compassionate. These qualities often spill over onto others.*

Rachel Munns Founder & Principal

Resilient Me specialise in Mental Health Awareness, Resilience and Wellbeing training. We also offer confidence building, motivational and personal leadership workshops. We all have close, 'lived' experience of mental health issues, and this combined with our individual expertise has enabled us to produce training and coaching that genuinely makes a difference. **If you want to know more – just call us on 07967 276194 or email info@resilientme.co.uk**

www.resilientme.co.uk

This document is just one of a series of written and video Wellbeing Essentials that you can find at our website. Be sure to visit us regularly to download the latest resilience resources.

© All materials herewith contained, communicated in person and made available as downloads are copyright ResilientMe 2018