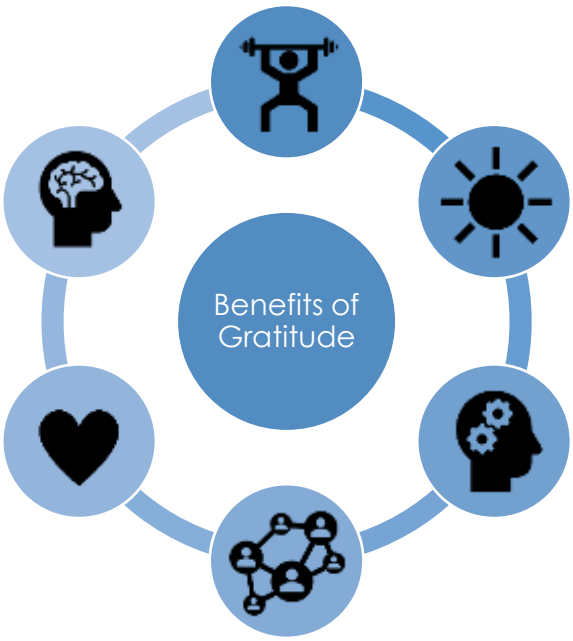
Psychology Associates

Gratitude

Gratitude is essentially a positive emotion. It is about taking time to notice what is good in our lives, and all the little things we so often take for granted. Practising gratitude helps to transform the lens through which we see the world, shifting the focus from the negative parts of daily life to the good parts.
Gratitude is now recognised as one of the most powerful ways of boosting our positivity and mental health. The following are just a few benefits of expressing gratitude daily:

Contributes to an overall sense of better physical and mental health and wellbeing

Can help to ease symptoms of anxiety and depression



Can help to develop a more positive, optimistic outlook

Boosts your self-esteem

Helps to increase our resilience to stress

Can help you to be more empathetic and compassionate, and so can support improved relationships

Ideas for Practicing Gratitude:

Try to notice the little, simple things that you appreciate in your day, but often overlook. This will help you to live more in the moment.

Tell those around you what you notice and appreciate about them and the things they do.

Try not to compare yourself to others and what they have. Instead, try to appreciate and be grateful for who you are and what you have.

Keep a gratitude journal or jar, trying to add at least one new thing each day, even the tiniest of things.

When faced with a challenge at work or in your personal life, try to embrace it and turn it into an opportunity to learn and grow. Try to find the good in unpleasant or difficult situations.

Write a letter to yourself thanking yourself for everything you do and have done, celebrating your successes and appreciating how far you have come.

For more free resources, please visit our website:
www.psychologyassociates.org.uk
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