

Is Gratitude Good for Your Health?

Did you know that developing an attitude of gratitude could be beneficial to your overall health and quality of life? Taking the time to stop and think about what you're thankful for on a regular basis can promote a sense of contentment and allow you to acknowledge all that is going well in your life.



Consider some recent studies of individuals with health factors known to typically affect sleep patterns. People with heart failure and chronic pain who are more grateful report sleeping better than their less grateful counterparts. Another study involved 401 participants, 40% of whom had chronically impaired sleep. Those identified as feeling grateful reported falling asleep more quickly, sleeping longer, having better sleep quality and staying awake more easily during the day than participants less inclined to feel gratitude.¹

In effect, I think gratitude allows us to participate more in life. We notice the positives more, and that magnifies the pleasures you get from life. Instead of adapting to goodness, we celebrate goodness. We spend so much time watching things—movies, computer screens, sports—but with gratitude we become greater participants in our lives as opposed to spectators.

—Robert Emmons, Author

Gratitude Works!: A 21-day Program for Creating Emotional Prosperity

Three Surprising Ways Gratitude Works at Work

In collaboration with the IBM Smarter Workforce Institute and the Society for Human Resource Management, Globoforce has been conducting research in nearly 50 countries around the world. Their studies have linked gratitude and other related traits to improvements in productivity, profitability, quality, loyalty, safety, absenteeism and other cost and performance metrics.²



Individual Benefits of Gratitude

- Bolsters self-esteem (self-worth, self-efficacy)
- Ameliorates stress and trauma, increasing resilience
- Encourages moral behavior
- Helps build/strengthen social bonds
- Inhibits social comparison
- Diminishes negative emotions

Ways to Take a Grateful Moment

- Keep a daily log of things that make you feel thankful.
- Give a genuine compliment.
- Write & send a hand written letter to someone.
- Share your skills.
- Perform a random act of kindness.
- Be fully present when someone is speaking with you.

References:

¹*Greater Good Magazine*, Summer Allen, March 5, 2018

²*Greater Good Magazine*, Robert Emmons, Oct. 11, 2017