

Health Benefits of Gratitude

- The positive effects of a grateful outlook for participants included not only overall well-being, but **social and physical benefits** as well.
- In addition to enhancing one's general sense of well-being, those who engage in practicing gratitude report significantly greater happiness, optimism, and satisfaction with their lives, greater progress in **attaining important life goals**, higher frequency of feeling loved, and lower reported incidence of stress and depression compared to their counterparts tallying neutral or negative aspects.
- Intrinsically rewarding experience of gratitude is also associated with **greater optimism for the future**, as well as with higher levels of contentment and satisfaction with one's life.



Alspach, G. (2009). Extending the tradition of giving thanks recognizing the health benefits of gratitude. *Critical Care Nurse*, 29(6). Retrieved from <http://ccn.aacnjournals.org/content/29/6/12.short>