

THE PRACTICE OF GRATITUDE



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WWW.SCIENCECEILIDH.COM/PLACEMENTRESOURCES#GRATITUDE

THE PRACTICE OF

Gratitude

BACKGROUND

Do you know how many thoughts pass by your mind each day? According to a 2005 report by the National Science Foundation, an average person has approximately 12,000 to 60,000 thoughts per day, 80% of those thoughts were negative, and 95% were the same repetitive thoughts we had as the day before.

Our minds tend to focus on the negative, but there are things we can do to improve on that. Practising gratitude is one of the ways that has been found to make us happier by helping our brains learn to focus on the positive. This handbook provides some useful information on gratitude and a few resources that can help us incorporate gratitude into our lives.



LEARNING OUTCOMES

- Understand the concept of gratitude
- Have a go at keeping a gratitude journal
- Explore how we can incorporate gratitude in our daily life

WHAT'S IN HERE?



Infographic on Gratitude



Gratitude Journal Template



15-Day Gratitude Challenge



Further Resources

Infographic

WHAT IS GRATITUDE?

The quality of being thankful; readiness to show appreciation for and to return kindness.

(definition by Oxford Languages)

HOW DOES IT WORK?



Our brains can transform and adapt in response to experience (neuroplasticity)



Practising gratitude regularly trains our brains to focus on positive experiences



We feel happier!



Improves physical health

Studies found that people who practise gratitude had better wellbeing and healthier biological function.



Boosts self-esteem

Gratitude helps us reduce social comparisons and recognise our own values.



Increases resilience

Gratitude is positively correlated with a sense of resilience, helping us maintain a healthy mental state.



Improves relationships

Expressing gratitude to others help us create and maintain positive relationships.

BENEFITS

Gratitude Journal

One of the ways to practise gratitude is to keep a gratitude journal. Each day, set aside time to reflect and write down what you are grateful for. This template consists of some prompts that can help you get started.

TODAY I AM GRATEFUL FOR:







I AM LOOKING FORWARD TO:







HIGHLIGHT OF MY DAY:



15 DAYS OF *Gratitude Challenge*

This section consists of a list of 15 tasks to be completed as part of a gratitude challenge. Each day, choose a task to carry out and tick the box once completed. This is a great activity to hold yourself accountable as you try to incorporate gratitude into your daily life.



DID YOU KNOW?

Scientists found that people experience higher levels of positive emotions when they combine gratitude journaling with a behavioural action (O'Connell et al, 2017).

- Describe something you're grateful for that money can't buy
- Do a random act of kindness
- Send a thank you note to someone
- Make a list of things you take for granted
- Describe the item you treasure most
- Write down a memory you cherish
- Take a photo of something you're grateful for
- Make a list of people that help you with work or life
- Compliment a stranger
- Describe something you are grateful for that doesn't cost money
- Tell someone you love them
- Think of the biggest gift in your life right now
- Describe an accomplishment you are proud of
- Think of the best part of your work
- Describe a person you're glad to have in your life

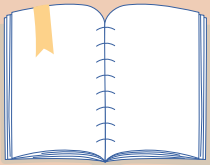
References:

O'Connell, B.H., O'Shea, D. and Gallagher, S. (2017). Feeling Thanks and Saying Thanks: A Randomized Controlled Trial Examining If and How Socially Oriented Gratitude Journals Work, 'Journal of Clinical Psychology', vol. 73, no. 10, pp. 1280- 1300.

Further Resources

Here are some useful resources if you would like to learn more about gratitude.

BOOK



Thanks!: How Practicing Gratitude Can Make You Happier

by Robert Emmons, professor of psychology at the University of California, Davis and world's leading scientific expert on gratitude.

ARTICLE



In Praise of Gratitude

by Harvard Health Publishing

Available at: <https://www.health.harvard.edu/blog/in-praise-of-gratitude-201211215561>

VIDEO



The Science of Gratitude

by Tremendousness

Available at: https://www.youtube.com/watch?v=JMd1CcGZYwU&ab_channel=Tremendousness