

The Proven Health and Well-Being Benefits of Daily Gratitude

QUOTE BOARD

“Research has found that higher gratitude is associated with a better life, indexed as higher positive affect, self-esteem, positive emotions, optimism, autonomy, environmental mastery, relationships, personal growth, meaning in life, and self-acceptance. Gratitude has also been associated with lower ill-being in terms of negative affect, depression, anxiety, phobia, bulimia, addictions, negative emotions, dysfunctions, anger, and hostility.”

“Life satisfaction is the cognitive component of subjective well-being and reflects the global evaluation that people make about their satisfaction with their own lives in several domains such as work, marriage, and health. Life satisfaction is associated with a host of positive outcomes, indexed in terms of better mental and physical health, healthier weight and eating behaviors, more exercise, longer life expectancy, higher levels of career satisfaction, lower turnover intentions, and higher organizational commitment. It has also been associated with lower ill-being, indexed as lower addictions and unhealthy habits (e.g., tobacco, drugs, and alcohol use), lower mortality rates, and lower levels of anxiety and depression.”

“Both studies show, for the first time, that gratitude and life satisfaction mutually predict each other over time. The reciprocal relationships suggest the existence of a virtuous circle of human well-being: higher levels of gratitude increase life satisfaction, which in turn increases gratitude, leading to a positive spiral.”

WHAT YOU NEED TO KNOW

Gratitude is a natural, safe anti-depressant, anti-anxiety, anti-resentment, anti-self-pity, anti-pessimism intervention. Gratitude is a natural, safe, health promoting, illness preventing, energy and vitality boosting, optimism boosting, life satisfaction boosting, well-being boosting intervention.

Gratitude is literally a panacea for improving physical and mental health and well-being. Gratitude has only positive side-effects. Gratitude is FREE and it takes MINIMAL EFFORT.

WHAT YOU NEED TO DO

You need to have a daily gratitude routine. Every morning when you open your eyes immediately think of things for which you are grateful – do not get out of bed until you FEEL grateful. Every night when you go to bed think of things for which you are grateful until you FEEL grateful. Practice gratitude at regular intervals during the day.

For more information on gratitude and other simple, easy ways to improve your emotional and physical health and wellbeing please see my book, ‘Live Right for Your Species Type’. You can order the book and access other resources at www.eatwellmovewellthinkwell.com

Unanue et al. (2019) The Reciprocal Relationship Between Gratitude and Life Satisfaction: Evidence From Two Longitudinal Field Studies