

THE SCIENCE OF GRATITUDE

We've all heard about expressing gratitude and gratitude journals, but practicing gratitude – especially towards ourselves – helps in more ways than you might think. Gratitude is not just a trendy phase – there is *real science* that shows how implementing grateful behaviors into your life can have a positive, lasting impact on your health.



GRATITUDE AND YOUR BRAIN

Expressing and receiving gratitude literally makes you feel happy.

“When we express gratitude and receive the same, our brain releases dopamine and serotonin, the two crucial neurotransmitters responsible for our emotions, and they make us feel ‘good’.”

Source: <https://positivepsychology.com/neuroscience-of-gratitude/#how>

GRATITUDE AND YOUR RESILIENCE

Practicing gratitude can change the neural structures of the brain and create feelings of happiness and contentment; it has shown to help people manage their stress levels, anxiety, and depression, and **a grateful mindset can improve their ability to handle adverse experiences.**

GRATITUDE AND YOUR RELATIONSHIPS

Expressing gratitude toward yourself can positively influence your self-image and your personal relationship with yourself. Showing gratitude and appreciation to others can directly impact your relationships at work and at home.

All of these thoughts and actions work to increase levels of happiness and contentment in your body, which **generate positive responses in your physical and mental health.**

