

WWW.THERAPYLIFESTYLECLINIC.CO,UK



THE POWER OF GRATITUDE

Gratitude is an expression of appreciation for what one has, it is a recognition of value independent of monetary worth. Although gratitude is a spontaneous feeling its value is also demonstrated as a practice of making a conscious effort to be grateful for what you have. Studies show that in doing so there are social and personal benefits. It can promote the ability to be present in the here and now as opposed to dwelling on the past or worrying about the future.

As an emotion it can generate positivity and increase happiness. Studies have shown that practicing gratitude in a conscious way shifts your inner attention away from negative emotions such as envy and resentment. As a result, this minimises the possibility of thinking deeply into negative thoughts which can be a trigger for depression.

Practicing gratitude each day can have positive consequences for both mental and physical health. It can increase mental resilience, reduce stress and experience healthier relationships. It also reduces your risk of developing mental health problems such as anxiety and depression. Gratitude can assist in your ability to care for yourself whether that be the amount of sleep you get, the food you fuel your body with or the way you use spare time.

The way you choose to practice gratitude is up to you, it may be that you choose to fit it into your morning routine because you know you have the time or perhaps you think it may help as an alternative to social media before bed and choose to include it in your bedtime routine. See what works best for you.



You may like the idea of keeping a gratitude journal, where each day you use the time to journal about what you are grateful for. This can allow you to focus on writing and give your mind a break from whatever thoughts may be going through your head and bring them into the moment allowing you to dedicate your thinking to the things you are grateful for. If journaling isn't for you, you could set yourself the goal of jotting down three things you are grateful for each day or perhaps taking a photo of these things and storing them in a specific album on your phone.

You may be thinking that there might not be something to be grateful for that day or you will never be able to think of three things each day. The more you practice gratitude the easier you will find it as you realise that you can be grateful for so many things, from the fact you have a roof over your head, a garden

to enjoy the sunny weather, the cup of tea your partner brought you in bed or the person who let you go in front of them in the supermarket because you were only buying a couple of things. Of course, you can experience gratitude for the bigger things too such as getting a promotion at work, booking a holiday or receiving a bonus at Christmas.

The fact is that there is a continuum of things you can be grateful for and the more variety the more likely you are to reap the benefits for your mental and physical health. Even when you have had what you describe is a really bad day, still take the time to practice gratitude. It has the potential to completely shift your mindset on the day you have had as it really does have the power to shift your mindset away from the negative emotions and it is days like these when you may need it the most.

