

EVERYDAY JOY & GRATITUDE

WHY GRATITUDE?

*When we practice gratitude we are **rewiring** our brain to look for the positive. Gratitude allows us to celebrate the present and can block toxic, negative emotions. Research from around the world shows that grateful people are more stress resistant and have a higher sense of self-worth. Gratitude is good for our bodies, minds and relationships!*

**WANT TO TALK
MORE ABOUT THIS?**

*Schedule an appoint
with a SHOP Health
Educator at
shop.ucsc.edu*

WHERE DO I START?



GRATITUDE JOURNALING: *Take 1-3 minutes to identify what you are grateful for every day. Take a moment to note it in some way. You can leave a journal next to your bed for evening or morning practice. Take the time to notice what is good. Find 1-5 things you are grateful for each day.*

GRATITUDE APPS: *If journaling isn't your thing, you can download a free gratitude app like "ThinkUp", "Grateful", "Three Good Things", or 365 Gratitude".*

THANK YOU NOTES: *Sometimes the best gratitude comes in small doses: a little thank you note makes you and the receiving individual feel good. Some people make a practice to appreciate someone daily and others may make a practice of sitting down and writing thank you cards once a month. The act of appreciating others has shown to improve health outcomes!*

GRATITUDE MEDITATION SCRIPT:

1. Settle yourself in a relaxed posture. Take a few deep, calming breaths to relax and center. Let your awareness move to your immediate environment: all the things you can smell, taste, touch, see, hear. Say to yourself: "For this, I am grateful."
2. Next, bring to mind those people in your life to whom you are close: your friends, family, partner(s)... Say to yourself, "For this, I am grateful."
3. Next, turn your attention onto yourself: you are a unique individual, blessed with imagination, communication, the ability to learn from the past and plan for the future, to overcome any pain you may be experiencing. Say to yourself: "For this, I am grateful."
4. Finally, rest in the realization that life is a precious gift. That you have been born into a period of immense prosperity, that you have the gift of health, culture, and access to spiritual teachings. Say to yourself: "For this, I am grateful."