

EPISODE 115: WHY GRATITUDE IS GOOD FOR YOUR HEALTH

1. THE TWO SIDES OF GRATITUDE

- Robert Emmons: “gratitude is happiness that we recognize after the fact to have been caused by the kindness of others.”
- Recognize the good things in our lives. (Internal)
- Recognize the source of the good things. (External)
- Recognize everything and everyone that enrich our lives.

2. HOW GRATITUDE HELPS YOU

- You will be more upbeat about life rather than feeling beat up by life.
- Your vitality for life will go up. (i.e. you have more positive energy: physically, mentally, emotionally.)
- There is a strong connection between gratitude and feeling alive.
- Your physical health improves. (blood pressure/cortisol/dopamine)

3. HOW YOUR GRATITUDE HELPS OTHERS

- Your relationship with others improves. (Because you are kinder, nicer, or more appreciative.)
- Others enjoy being around you more. (Your disposition is positively contagious.)
- Expressing your gratitude for others impacts their health and wellbeing. (Releases the feel-good hormone, dopamine, in them.)

4. CHECK YOUR GRATITUDE LEVEL

- Events can trigger emotions that take hold and cloud our disposition about life.
- Takes some effort to maintain an ongoing attitude of genuine gratitude.
- If you had a gratitude meter would you be overflowing, full, a little low, or empty? Are you grateful or grumpy.
- It’s more than measuring your mood in the moment. It is being mindful of your life disposition. Your attitude about life...especially your own!
- “Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.” R.W. Emerson

5. CONSIDER A GRATITUDE GAME PLAN

- Instead of looking at life as a glass half full or half empty, think about what is in the glass.
- What do I have to enjoy in my life?
- Robert Emmons, leading researcher on gratitude: make the effort to notice “the good things coming towards us.”
 - ✓ Morning meditation
 - ✓ Bedtime count your blessings
 - ✓ Gratitude journal

- Recognize what you have, recognize the people who have blessed you, and remember to thank them.

Sources mentioned in this episode:

[Communication Guys Episode 55: “The Stories We Tell Ourselves”](#)

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