



## A time of gratitude

Gratitude has proven to be one of the most reliable methods of increasing happiness and life satisfaction. People who regularly practice gratitude by taking time to notice and reflect on the things they're thankful for experience more positive emotions, feel more alive and express more compassion and kindness.

Gratitude is an appreciation of what's valuable or meaningful, and is a general state of thankfulness. In everyday life, most of us associate gratitude with saying thank you, but in the practice of well-being, it means more than that. While gratitude is something we feel and affects our overall mood, some people are more predisposed to feel grateful, while others may feel more negative. Practicing gratitude can switch our attention away from negative feelings and emotions. The purpose of gratitude can become important in a time of uncertainty when we can focus on more positive language and emotions.

There are a number of benefits to practicing gratitude, both physical and psychological. The include:

- Stronger immune system
- Less bothered by aches and pains
- Lower blood pressure
- Exercising more and taking better care of health
- Sleeping longer and feeling more refreshed upon waking
- Higher levels of positive emotions
- More alert, alive and awake
- More joy and pleasure
- More optimism and happiness



How can you cultivate gratitude in your life? Here are a few tips:

- Notice the good. By doing that, you open yourself up for opportunity for growth. Feeling more appreciative and noticing the good things puts us in a more thankful frame of mind.
- Surround yourself with what makes you happy, whether it's your family, activities, hobbies, pets or anything else, when you are around what makes you happy, it's hard to feel negative.
- Work toward making a switch to be more grateful. You can do this through practicing positive mantras, keeping a gratitude journal, focusing on turning negative language to positive language and practicing gratitude through giving.

Sources: [psychologytoday.com](https://www.psychologytoday.com)\*

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