



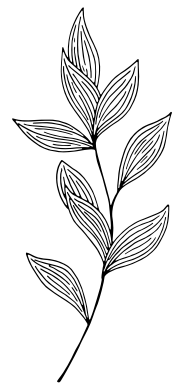
Gratitude



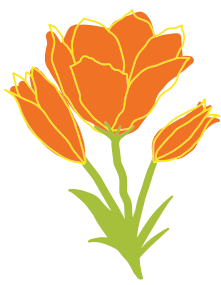
"Act of acknowledging what it is that we find value and meaning in & intentionally appreciating it. It represents a state of being thankful." (Sansone, 2010)

Ways to Practice

- Journaling
- Use bullet point format
- Send a letter or a thank you note to someone you're thankful for
- Reflect on a person/thing you're grateful for
- Meditation / Pray
- Saying "thank you" in a meaningful way



How can it Benefit You?



- Improve Well-being
- Improve Mental Health
- Protect you from Stress
- Resilience

(Study: Increased Happiness / Life Satisfaction & ↓ S/S of Depression)

How does Gratitude Affect our Brain?

- Brain Floods with reward chemicals (dopamine, epinephrine, & norepinephrine).
- Symptoms of Anxiety & Depression decrease
- Hypothalamus works better
- Resistant to Stress
- Fall asleep faster
- Experience more positive emotions overall



Who Benefits from this Practice?

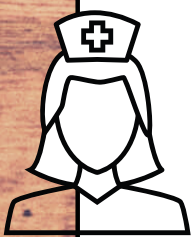


- People experiencing:
 - Depression
 - Anxiety
 - Adverse Life Experiences



Healthcare Workers

Nursing Implementation



Educate

Relationship
w/ Patient

Rapport

