

Face of the Practice

- RN of 24 years
- Started gratitude practice alleviate poor sleep, high stress, hypertension
- Practices in a gratitude journal daily
- Shares gratitude practice with daughter
- Enjoys practicing because it brings joy. Opportunity to create mindset each day.

It's not joy that makes us grateful, it's gratitude that makes us joyful.

DAVID STEINDL-RAST

Scan here for a simple gratitude practice to start today



Source:s

Newman, D. B., Gordon, A. M., & Mendes, W. B. (2021). Comparing daily physiological and psychological benefits of gratitude and optimism using a digital platform. *Emotion*.

Wood, A. M., Froh, J. J., & Geraghty, A. W. A. (2010). Gratitude and well-being: A review and theoretical integration. *Clinical Psychology Review*, 30(7), 890–905.

Hart, J. (2013). Practicing gratitude linked to Better Health: A discussion with Robert Emmons, PhD. *Alternative and Complementary Therapies*, 19(6), 323–325.

Gratitude is conceptualized as a state or a trait

Who benefits from practicing gratitude?

The impact of gratitude on health has been studied in multiple populations: patients with depression and anxiety, cardiac patients, adult-onset neuromuscular disorders.

EVERYONE

Nursing Implications

Reduces BP and HR



Lowers Stress



Better Sleep Quality



Gratitude Practice

*How can Healthcare
Professionals Help
Patients Implement?*

Focus on the positives of the day

*Think back to the very best part
of your day*

- what time of day was it?

- where were you?

- who were you with?

*How Gratitude
Promotes Well-Being*

*Better self-reported
behavior*



*Greater feelings of
appreciation and lower
ratings of unpleasantness*

