

GIVING THANKS CAN MAKE YOU HAPPIER

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Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside of oneself. As a result, **being grateful also helps people connect to something larger than themselves as individuals – whether to other people, nature, or a higher power.** (1)

In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships. (2)

These include **the area of gratitude and emotional benefits** that relate to making people happier, increasing psychological well being, enhancing our positive emotions, and increasing our self-esteem.

Gratitude provides social benefits with having people like us, improving our romantic relationships, improving our friendships, increasing social support, and strengthening family relationships in times of stress.

Research indicates that **gratitude has a positive effect on personality** by making us more optimistic, increasing our spiritualism, making us more giving, and having us being less materialistic.

Gratitude research indicate a benefit in careers with making us more effective managers, reducing impatience and improving decision-making, helping us find meaning in our work, contributing to reduced turnover, and improving work related mental health and reducing stress.

Physical health can benefit from gratitude by reducing depressive symptoms, reducing blood pressure, improving sleep, increasing frequency of exercise, and improving overall physical health. Gratitude can have a role in recovery by helping people recover from substance abuse and enhance recovery from coronary health events.

Are we as grateful as we possibly can be? It can make us happier!"

(1) Giving thanks can make you happier. Retrieved from <https://www.health.harvard.edu/healthbeat>. Harvard Health Publishing, 2021.

(2) Ackerman, Courtney E. Retrieved from <https://positivepsychology.com>. 28 Benefits of gratitude most significant research findings, Mar 29, 2022.