



MANY WAYS TO EXPRESS BEING MORE GRATEFUL

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Research has shown transplant patients that were instructed to add a daily list of five things or people they were grateful for improved their scores on positive adjustment and well-being. Both of these measures had declines for people who had not been asked to keep track of what they were grateful for.

There have been many more expressed ideas on how individuals can anchor in gratitude so some of these are shared. **You can incorporate them, modify them, and continue to add to the list.**

Express gratitude to others. Research has shown that giving appropriate praise and gratitude increases the recipient's self-esteem and self-concept. Giving compliments instead of criticism produces better results.

Daily email or call a person expressing gratitude, concern for, or just to listen, especially if the person is isolated from other personal contacts. Isolation has been a major factor of despair and depression during the pandemic.

Take food, flowers, or a small gift to a person or family that either has recently lost a loved one, who is ill, or recently had an injury or medical condition. **According to research and subject experts, people are more likely to feel grateful when they put their focus on others.**

"Enjoy the moment", whether it be a park stroll, tending a garden, or whatever gives you pleasure, be thankful for that "moment." Share the moment with a friend by sipping a drink together, sharing a funny joke or story, or even a brief chat.

Savor the relationship between being grateful and being happy. **Being grateful can make you happy, but being happy can also make you grateful.**

A friend recently told me that when going through a fast-food drive lane the cashier told him, "you don't have to pay because the person in front of you paid for your breakfast." He pulled out a fifty-dollar bill and said, "pay it forward for as long as it last!" **"Paying it forward", whether in time, money, or helpfulness brings great joy to both parties.**

Give all people high regard and respect, but maybe special attention to service people because they have difficult jobs. Present a happy disposition, show a bright smile, express greater thanks, and maybe even give a larger tip than usual.

Studies have shown that volunteering for the purpose of helping others increases our own well being, and thus our ability to have more gratitude. **In other words, helping others helps you!**