



## **Gratitude - Why it's more than showing appreciation Tip Sheet**

You may have heard a lot of people talking about gratitude and that it's something they practise every day. But what exactly is it? And why is it so beneficial?

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### **What is gratitude?**

From the Latin word *gratus* (pleasing / thankful) gratitude is the act of showing appreciation to someone or something. It's a positive emotion that is felt from both the receiver or recipient, and can help improve and build strong relationships with people.

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### **Why is gratitude beneficial? And how do I do it?**

By practising gratitude, it can have an overall positive effect on our wellbeing, and it's backed by science. On [positivepsychology.com](https://www.positivepsychology.com), there's an in-depth article detailing all the benefits that can be gained. To list a few from the paper 'The Science Of Gratitude' (2018) from The Greater Good Science Center -

- Increased happiness and positive mood
- More satisfaction with life
- Better physical health
- Less fatigue and,
- Lower levels of cellular inflammation

There are so many benefits to practising gratitude, and it needn't be time-consuming or require anything special. Try making it part of your weekly wellness routine to begin with, and gradually make it into a daily practise.

A simple way to get started is to have a small notebook by your bed, and before you go to sleep, write 3 things you're grateful for. It can feel challenging to begin with, or maybe you've had what has felt like the worst day in history, but there will be a silver lining. Plus, by finishing the day expressing thanks, you'll be feeling more positive and sleep better.

Some gratitude ideas to get you started -

- I am thankful for being part of a loving family
- I am thankful for the warm morning coffee and the time I have to enjoy it
- I am thankful for the beautiful nature around me

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