Gratitude

“The roots of all goodness lie in the soil of appreciation for goodness.” —Dalai Lama
Our Mission

The Greater Good Science Center studies the psychology, sociology, and neuroscience of well-being and teaches skills that foster a thriving, resilient, and compassionate society.
Gratitude

1. What is it?
2. Why Practice it?
3. How do I cultivate it?

Greater Good Science Center, UC Berkeley
https://greatergood.berkeley.edu/topic/gratitude/definition#what-is-gratitude
What is Gratitude?

• 2 Key Components:
  • Affirmation of goodness: “There is goodness in the world, and these gifts benefit me.”
  • Recognition that the source of this goodness often lies outside myself: “The world and those in this world have bestowed gifts, big and small.”

Robert Emmons, PhD, Professor of Psychology, UC Davis
Why Practice Gratitude?

• Gratitude brings happiness, increases life satisfaction, and boosts feelings of optimism, joy and pleasure

• Gratitude reduces anxiety and depression

• Gratitude is good for the body
  • Studies suggest positive effects on immune function, blood pressure, chronic pain
  • Encourages exercise and better self-care (ie improves sleep hygiene)

• Gratitude cultivates resilience

• Gratitude strengthens relationships and feelings of commitment

• Gratitude promotes forgiveness

• Gratitude fosters “paying it forward”, and prosocial behaviors (helpfulness, altruism, and compassion)
How Do I Cultivate Gratitude?

• **Three Good Things**: Tune into positive events in your life.
• **Gratitude Letter**: Write a letter expressing thanks, and deliver it in person.
• **Mental Subtraction of Positive Events**: Appreciate what you have by imagining life without it.
• **Savoring Walks**: A stroll outside can help build lasting happiness.
• **Give it Up**: Savor something more by taking a break from it.
• **Gratitude Journal**: Record 3-5 things for which you’re grateful every day or week.
• **Savoring the Good**: Don’t gloss over life’s beauty and pleasures. Let them land...
• **Create a Grateful Workplace**: Provide opportunities for gratitude, making sure everyone feels valued

[https://greatergood.berkeley.edu/topic/gratitude/definition#how-cultivate-gratitude](https://greatergood.berkeley.edu/topic/gratitude/definition#how-cultivate-gratitude)
Sharing the Good
References

- Greater Good Science Center, UC Berkeley: [https://greatergood.berkeley.edu/topic/gratitude/definition#what-is-gratitude](https://greatergood.berkeley.edu/topic/gratitude/definition#what-is-gratitude)
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- Gratitude Quiz: [https://greatergood.berkeley.edu/quizzes/take_quiz/gratitude](https://greatergood.berkeley.edu/quizzes/take_quiz/gratitude)
- Rick Hansen, PhD, Gratitude: [https://www.rickhanson.net/gratitude-2/](https://www.rickhanson.net/gratitude-2/)
- Gratitude and Wellbeing: The Benefits of Appreciation: [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3010965/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3010965/)