

Gratitude Benefits Your Physical and Mental Health



What is gratitude?

- Being glad, appreciative and thankful for getting the things which may be either tangible or intangible

Understanding that you can get these things not because of your own abilities



Various benefits of gratitude to mental health

Emotion

- Stimulating the brain regions which are responsible for emotion regulation, memory and body functions
- Making people feel positive emotions such as grateful and satisfaction more easily



Mind

- Being optimistic and hopeful during adverse situations
- Helping to grow up after experiencing traumas



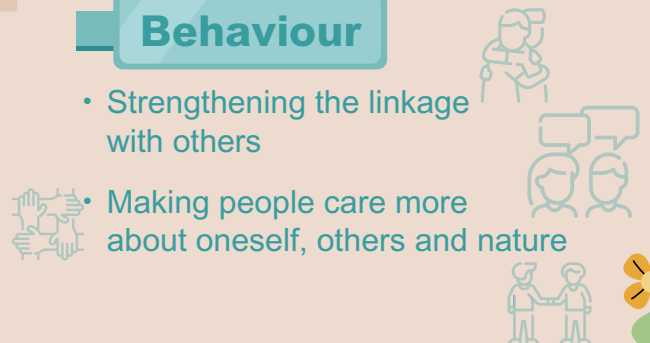
Body

- Making people feel lively and energetic
- Relieving stress and pain
- Improving sleeping quality



Behaviour

- Strengthening the linkage with others
- Making people care more about oneself, others and nature



Ways to Practise Gratitude

Always express gratitude



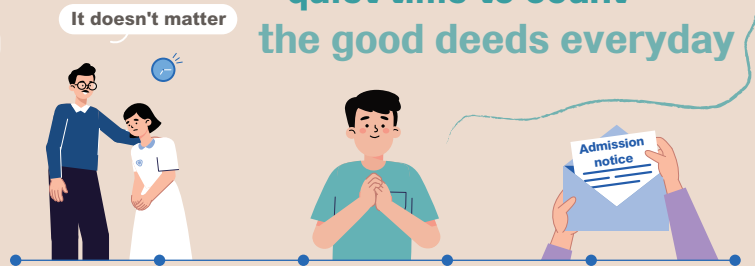
Listen more about the experiences of others receiving help when in need



Read more stories about gratitude and write down the points that can make you feel grateful



Use a few minutes of quiet time to count the good deeds everyday



When others express gratitude for your help, concentrate on your happiness in having chances to help or being helped



Write a gratitude journal to practise your mind of blessing

