

# DECEMBER WELLNESS:

## GRATITUDE FOR WELL-BEING



Along with feeling good, gratitude offers many means of well-being including: feeling satisfied in life, a boosted self-esteem, increased happiness, increased optimism, less depression and fewer physical conditions such as: runny noses, respiratory infections, sleep problems and more. The list of the effects on well-being from practicing from gratitude is extensive.

Additional physical benefits include boosted immunity, fewer headaches, less shortness of breath, less sore muscles, soothing of the nervous system and lowered blood pressure.

There is also a link between gratitude and choosing foods that are nourishing and healthy.

One of the benefits which is not surprising (yet very important to well-being) is the link between gratitude and stronger connections. Sara Algoe, a psychologist and associate professor at University of North Carolina at Chapel Hill has a theory around gratitude called “find-remind-bind”. She theorizes that gratitude can 1) “find”: help people identify others for new relationships which will be good, 2) “remind”: remember and appreciate existing relationships and 3) “bind”: remind and motivate people to invest in existing relationships.

Another theory on the link between gratitude and strong connections, by Lisa Walsh, is that gratitude makes people want to be a better person. In a study where high school students wrote gratitude letters, it was found that along with feeling “elevated”, they also felt “indebted”; thus being motivated to make improvements within themselves. This study, along with the “find-remind-bind” theory, suggests that gratitude may promote giving back and strengthening relationships.

Gratitude has been shown to improve romantic relationships and family relationships. Giving gratitude seems to attribute to opening up communication in relationships. One study showed that those who gave gratitude were better able to then open up in relationships (with family or friends) when working through concerns in the relationship at a later time.

The benefits of gratitude cover many aspects of well-being. The information on this flyer is compiled from the article, “The Science of Gratitude”, by Misty Pratt, November 17, 2022 from [mindful.org](https://www.mindful.org) To learn more about gratitude from another article, click here:

[Giving Thanks Can Make You Happier - by Harvard Health](#)