

THE WRITING GYM
JOURNALING

HANDOUT

The Benefits of Gratitude



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- Keeping a gratitude diary for 2 weeks produced sustained reductions in perceived stress (28%) and depression (16%) in healthcare practitioners
- Gratitude is related to 23% lower levels of stress hormones, cortisol.
- Dietary fat intake is reduced by as much as 25% when people keep a gratitude Journal.
- Writing a letter of gratitude reduced feelings of helplessness in 88% of suicidal inpatients and increased levels of optimism in 94% of them.
- Gratitude is related to a 10% Improvement in Sleep Quality in patients with chronic pain, 76% of whom had insomnia, and 19% lower depression levels.

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Write it Down

In order to enter into this mode of thinking, let's begin with a simple exercise.

- The other day, I felt really glad when _____ (name or describe the person in your reflection)

- took the time, or made the effort to _____ (say what he or she did)

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- I know that this person could have _____ (another path he or she could have taken, perhaps in self-interest)

- but lucky for me, this person chose to _____ (another brief description of what he or she did)

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- This action _____ (say how it affected you, practically)

- and made me feel _____ (say how it affected you, personally)

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- Thank you _____ (identify the person again)

Notes: