



# The Attitude of Gratitude

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# What Is Gratitude?

Gratitude is an emotion expressing **APPRECIATION** for what one has.

It is a recognition of **VALUE** independent of monetary worth. Spontaneously generated from within,

It is an affirmation of **GOODNESS**



# Why Does Gratitude Matter?



Positive Correlation With  
Happiness



Boosts Physical Health



Boosts Psychological Health



# 7 Benefits of Gratitude

- ◆ Shown to Increase Social Network
- ◆ Improves Physical Health
- ◆ Improves Psychological Health





# Neuroscience Of Gratitude

## ◇ GRATITUDE & THE BRAIN

- ◇ Feelings of gratitude located in right temporal cortex
- ◇ Positive correlation between grey matter and feelings of gratitude
- ◇ Gratitude – wires new connections to ‘bliss’ centre in our brains
- ◇ Increases Serotonin and Dopamine
- ◇ Effects of Gratitude same as **ANTIDEPRESSANT** medication



# Cultivating Gratitude

Its An Attitude! Fake it till you make it!

1. Gratitude Journalling
2. Use positive words
3. Deliberately switch your P.OV
4. Show appreciation
5. Make lemonade!



# SUMMARY



PROVEN to have physical and psychological benefits



You can CULTIVATE gratitude  
“fake it till you make it”

