



*Gratitude
Journal*

Gratitude & Wellbeing

Studies show that just practicing Gratitude for 15 minutes every day can improve your overall wellbeing.



**GRATITUDE
BOOSTS
ATTITUDE**



**GRATITUDE
IMPROVES
SLEEP**



**GRATITUDE
IMPROVES
HEART HEALTH**



**GRATITUDE
INCREASES
HAPPINESS**



**GRATITUDE
REDUCES
DEPRESSION**



The Science of Gratitude



There's one super simple yet extremely powerful practice that can skyrocket your health and overall wellness in a number of scientifically validated ways. It's free. And it only takes a few minutes to have life-changing impacts.

It's gratitude!

Gratitude is derived from the Latin root *gratia*, meaning grace, graciousness, or gratefulness. Research shows that gratitude or appreciating what we have brings greater positivity, better health and life satisfaction.

The Health Benefits of Gratitude

Studies show that just practicing Gratitude for 15 minutes every day can improve your overall wellbeing.

- **Gratitude boosts attitude**
- **Gratitude improves sleep**
- **Gratitude Increases self-esteem**
- **Gratitude improves heart health**
- **Gratitude improves the quality of sleep**
- **Gratitude Increases happiness and reduces depression**

According to research, grateful people experience fewer aches and pains and they also report feeling healthier than other people. Not surprisingly, grateful people are also far more likely to take care of their health. They exercise more often and are more likely to attend regular check-ups with their doctors – not because they are sick, but because they have a greater sense of self-awareness and actually care about their bodies, which is likely to contribute to better overall wellness.

People who are more grateful actually have better heart health, less inflammation, and healthier heart rhythms. This means gratitude is also good for your heart. The study author reported that gratitude was found to ward off depression, stress, and anxiety, all of which can increase the risk of heart disease. Other studies show that people who report being more grateful also report feeling less muscle and joint pain.

Gratitude Journaling

Studies have shown that when people actively take the time to list or journal the things they are grateful or thankful for, they feel far better mentally and physically. It can be gratitude for a person, an act of kindness someone has shown you, appreciation for your pet, friend, colleague etc. Whether you choose to write a few sentences in a gratitude journal or simply take a moment to silently acknowledge all that you have, giving thanks can transform your life.

References:

The Role of Gratitude in Spiritual Well-Being in Asymptomatic Heart Failure Patients Paul J. Mills, Laura Redwine, Kathleen Wilson, Meredith A. Pung, Kelly Chinh, Barry H. Greenberg, Ottar Lunde, Alan Maisel, and Ajit Raisinghani University of California, San Diego
Examining the Pathways between Gratitude and Self-Rated Physical Health across Adulthood 2013 Jan;54(1):92-96.

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TODAY I'M GRATEFUL FOR...



Pacific Coast Naturopathic Health
Dr. Helene Pulnik ND

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