

# Share gratitude

It's the season of gratitude. Between sharing what we're grateful for at Thanksgiving to having our heartstrings plucked by holiday commercials, gratitude is coming at us from all directions.

And it's a good thing. Regularly focusing on the positive aspects of our lives can result in not just a better mindset, but actual physical health benefits.



**Practicing gratitude for five days a week for at least six weeks<sup>1</sup> can:**



## **Reduce depression**

People who have a grateful mindset report more feelings of optimism and hope. This results in a better sense of well-being.<sup>2</sup>



## **Lessen anxiety**

Worrying and negative thinking—hallmarks of feeling anxious—are neutralized by active appreciation of the good things in your life.<sup>1</sup>



## **Support heart health**

Keeping a gratitude journal can help improve your blood pressure. This practice can also decrease inflammation.<sup>3</sup> Positive thoughts matter.



## **Relieve stress**

Taking the time to be thankful can help you manage stress better and even improve your sleep.<sup>3</sup>

## Sharing is caring

Part of your practice could be letting your friends, coworkers and loved ones know you appreciate them. And by doing that, you both get the benefits. There are many ways you, and those around you, can show gratitude this season.<sup>4</sup>

### Journal

When you get a new notebook for yourself, buy an extra and gift it to a friend. Inscribe it with kind words. Maybe your future coffee dates start with each of you taking a few minutes to jot down some positive thoughts. This accountability works.



### Gratitude jar

Make one for yourself and another for a loved one. Write down things you are grateful for on little slips of paper and drop them in the jar. When you need a quick pick-me-up, take a couple of notes out of the jar to remind yourself what's good in your life. Start your gift jar off with a few things you appreciate about your loved one.

### Thank-you notes

Many of us are conditioned to write thank-you notes just for physical gifts. Expand your scope. Send little notes when you have a great chat. Or when a friend does or says something you appreciate. By sharing your gratitude, you're allowing them to get the same mental benefits you do as the one practicing gratitude.



**Gratitude is an attitude we can all benefit from. Pass it on.**

Learn how Livongo can help support you on your wellness journey.  
To sign up or learn more, go to [Go.Livongo.com](https://Go.Livongo.com).

<sup>1</sup><https://link.springer.com/article/10.1007/s10902-020-00261-5>

<sup>2</sup><https://clinmedjournals.org/articles/ijda/international-journal-of-depression-and-anxiety-ijda-4-024.php?jid=ijda>

<sup>3</sup>[https://www.researchgate.net/publication/335018983\\_Gratitude\\_and\\_health\\_An\\_updated\\_review](https://www.researchgate.net/publication/335018983_Gratitude_and_health_An_updated_review)

<sup>4</sup><https://positivepsychology.com/gratitude-exercises/>