



Self-Care: Gratitude



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Learning Outcomes



- ★ Understand how to practice gratitude
- ★ Gain knowledge of the outcomes of practicing gratitude
- ★ Explore other possible ways of practicing gratitude

Gratitude



What is Gratitude?

- ★ Gratitude is the act of expressing appreciation and gratefulness (Isik & Ergüner-tekinalp,2017).

Image credit: <https://pcsearle.com/wp-content/uploads/2017/06/heart-of-gratitude.jpg>

Benefits of Gratitude



With College Students:

- ★ Improve individual mental well-being, higher life satisfaction (Kong, Ding, & Zhao, 2015; Kyeong, Kim, Dae, Hesun, & Jae-Jin, 2017)
- ★ Leads to positive emotions or stress reduction (Kyeong, Kim, Dae, Hesun, & Jae-Jin, 2017)
- ★ Predicting happiness in college students (Kausar, 2018)



Image Credit: <https://oneworldfengshui.com/wp-content/uploads/2015/11/Peanuts-Gratitude-1024x920.png>

How to practice Gratitude?



- ★ Making a gratitude list (Davis,Choe,Meyers,Wade,Varjas, et al., 2016)
 - What makes me happy?
 - What do I appreciate about myself?
 - Things I am grateful for?
 - Memories I am grateful for?
 - Who or what makes me smile?
 - People that I am grateful for ? Why?



Image retrieved from:

<https://health.ucdavis.edu/common/includes/shared/features/2015-2016/11/images/gratitude-diary350.jpg>

Create a Routine



- ★ Establish a set time to practice gratitude.
 - when you wake up
 - before bed
 - before dinner
 - before lunch
- ★ Practice every day

Image Retrieved from:

<https://www.google.com/url?sa=i&source=images&cd=&cad=rja&uact=8&ved=2ahUKEwjAoKj-v9rgAhUFR54KHY24B6UQjRx6BAGBEAU&url=https%3A%2F%2Fopen.buffer.com%2Fdaily-schedule%2F&psig=AOvVaw1xeLK4LTXch4xfQA7H4lDA&ust=1551308307906024>

Other Possible Options for Practicing Gratitude

- ★ Gratitude journaling (Isik & Ergüner-tekinalp, 2017)
- ★ Gratitude meditation (Duthely, Nunn, & Avella, 2017)
 - Calm.com - 7 Days of Gratitude
 - Youtube
- ★ Incorporate gratitude in prayers (Lambert, Fincham, Braithwaite, Graham, & Beach, 2009)
- ★ Writing a thank you cards or notes (William & Barlett, 2015)
- ★ Psychotherapy (Davis et al, 2016)



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