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).

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?

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Create a Routine

⭐ Establish a set time to practice gratitude.
  ○ when you wake up
  ○ before bed
  ○ before dinner
  ○ before lunch

⭐ Practice every day
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)

Image retrieved from: https://cdn-images-1.medium.com/max/1600/1*roqF8yyhOkBXhCBH5oWqw.jpeg
References


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Kausar, R. (2018). Relationship between gratitude and happiness in college students. *Indian Journal of Positive Psychology, 9*(1), 109-113. doi: [http://dx.doi.org.libproxy1.usc.edu/10.15614/ijpp.v9i01.11752](http://dx.doi.org.libproxy1.usc.edu/10.15614/ijpp.v9i01.11752)


