



# WELLNEWS

A MONTHLY WELLNESS NEWSLETTER

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## SCIENTIFIC BENEFITS OF Gratitude

Emmons (2003)  
Participants who kept a GRATITUDE journal for 10 weeks felt...  
**25% HAPPIER**

...while in another study they got  
**29% BETTER SLEEP**  
Wood et al (2009)

It's also been shown to boost  
Chen (2014)  
**SELF ESTEEM**

McCraty et al. (1998)  
**& REDUCE STRESS HORMONES BY 23%**

**VITAMIN G** has SO many psychological and physical health benefits that it is even predicted to  
**+7 YEARS TO OUR LIVES!**  
Danner et al (2001)

GRATITUDE HAS ALSO BEEN SHOWN TO INCREASE RESILIENCE AND POST-CRISIS

SMARTPHONE APPS

# APP

[Gratitude](#)  
[365 Gratitude Journal](#)  
[Happyfeed](#)  
[Gratitude Garden](#)

## GRATITUDE

Research demonstrates that a practice of gratitude has many physical and mental health benefits. Practicing gratitude can increase happiness, boost your mood, decrease anxiety and improve relationships. By working at shifting our mindset to a place of gratitude we can improve our well-being and have a positive impact on others.

## THE POWER OF GRATITUDE IS IN SHARING

Sharing and receiving gratitude feels good. This month share some gratitude. Spread the word. Let others know that you are grateful for them and share with them what they mean to you. Sharing gratitude helps build relationships, creates unity and can lead to positive connections.

[How to Practice Gratitude](#)

[What Teens Are Thankful For](#)

[Gratitude Meditation \(Strengthen Happiness\)](#)

[Gratitude Exercises](#)

[Wellbeing & Crisis Resources](#)

## RESOURCES