

Benefits Of Thankfulness

Thankfulness has proven to improve the overall quality of our lives in multiple areas, especially our mental health. Here are some of the benefits.

- Improves Mental Health
- Increases Joy
- Increases sleep quality
- Increases feelings of happiness and wellbeing
- Increases psychological well-being
- Improves our self esteem
- Increases faith
- Enhances positive emotions
- Reduces suicidal thoughts
- Reduces anger and frustrations
- Increases our energy
- Increases your frequency of exercise
- Develops a strong immune system (health)
- Decreases blood pressure
- Better able to cope with stress
- Eat healthier
- Builds perseverance
- Strengthens family relationships in times of stress
- Increases optimism
- Makes us more effective managers
- Helps us to find meaning in our work
- Increases patience and improves decision-making
- Improves work-related mental health and reduce stress
- Makes us more giving (to self and to others)
- Increases productivity
- Improves job performance
- Become more likable
- Reach goals faster
- Reduces negative emotions such as envy, hatred, jealousy and anger
- Increases positive emotions such as love and empathy
- Have deeper friendships
- Is a blessing to you and those around you
- Helps you have a better life

3 Steps To Boost Thankfulness

1. Close your eyes and picture three people who made a difference in your life. Whether they are alive or not, think about them and how grateful you are that these people made an impact on you.
2. Send a positive, encouraging text to someone right now, thanking that person for something he or she has done for you.
3. Share something you are thankful for.

INFORMATION REFERENCES:

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