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the connection between gratitude and happiness is multi dimensional expressing gratitude not only to others but also to ourselves induces positive emotions primarily happiness by producing feelings of pleasure and contentment gratitude impacts on our overall health and wellbeing as well if you need more convincing here are five ways that relationships benefit by showing gratitude 1 expressing gratitude shows you care when we show gratitude toward another in a gratitude is strongly related to wellbeing jans beken et al 2020 wood et al 2010 the positive effects of experiencing and expressing gratitude are endless gratitude has been found to be beneficially associated with social wellbeing emotional wellbeing and psychological wellbeing jans beken et al 2020 gratitude strengthens relationships it makes us feel closer and more committed to friends and romantic partners when partners feel and express gratitude for each other they each become more satisfied with their relationship gratitude may also encourage a more equitable division of labor between partners why a grateful brain is a giving one the neural connection between gratitude and altruism is very deep suggests new research by christina karns december 19 2017 when you think about gratitude and its place in our culture you might not immediately think about morality that is matters of right and wrong research suggests gratitude plays a role in a person s ability to identify and regulate emotions with some studies pointing to a possible relationship between gratitude and emotional the majority of empirical studies indicate that there is an association between gratitude and a sense of overall well being however there are several studies that indicate potential nuances in the relationship between gratitude and well being as well as studies with negative findings many studies suggest a link between gratitude and life satisfaction including experimental tests of gratitude interventions this paper presents a systematic review of recent literature on the influence of gratitude on life satisfaction a gratitude trait at work is defined as the tendency to recognize and be thankful for how various aspects of a job affect one s life 22 worker s gratitude has a significant favorable correlation with well being e g positive affect and life job satisfaction mental health e g depressive symptoms and distress and work related gratitude related to better sleep mood less fatigue and inflammation mills et al 2015 in a study of patients with asymptomatic heart failure found that an attitude of 2 source panajoitis pixabay it s no secret that gratitude is good for us whether we re on the giving or receiving end multiple research studies have confirmed that practicing thankfulness gratitude some have even described gratitude as social glue that fortifies relationships between friends family and romantic partners and serves as the backbone of human society but what exactly is gratitude where does it come from why do some people seem to be naturally more grateful than others expressing gratitude celebrates the positive in your relationship bringing both sides closer together when our relationships might be missing kindness or the muster we re a possible theory is that gratitude moves people to experience more positive emotions to thoroughly enjoy the good experiences better their health face adversity and develop and maintain relationships of strength which in turn makes you happier three common ways people can express their gratitude are philosopher epictus gratitude its power and its limitations put simply gratitude is the intentional practice of noticing the good in your life it relates to anything that in positive psychology research gratitude is strongly and consistently associated with greater happiness gratitude helps people feel more positive

emotions relish good experiences improve their health deal with adversity and build strong relationships people feel and express gratitude in multiple ways gratitude can make people happier improve their relationships and potentially even counteract depression and suicidal thoughts but might the benefits of gratitude go beyond that could gratitude be good for your physical health too gratitude is a moral and social emotion people experience gratitude and show gratitude in response to someone doing a good deed to benefit them e g complimenting them providing them barbara field updated on may 17 2021 medically reviewed by rachel goldman phd ftos hiranman getty images table of contents what happens to our bodies when we re grateful how to practice gratitude choosing to be thankful may well be an easy and accessible way to boost your happiness introduction gratitude has several implications over time a logical relationship has been established between gratitude and well being in addition researchers aimed to establish associations between gratitude and other factors of positive feelings using scientific methods

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