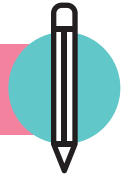


Gratitude and Well-Being Fact Sheet



Summary of research findings

(<http://emmons.faculty.ucdavis.edu/gratitude-and-well-being/>)

1. People who wrote down things they are grateful for in a journal every week also:
 - exercised more regularly,
 - reported fewer symptoms of illness,
 - felt better about their lives as a whole,
 - were more optimistic (Emmons & McCullough, 2003).
2. People who kept gratitude lists were more likely to have made progress toward important personal goals within two months.
3. A daily gratitude activity with young adults resulted in higher reported levels of the positive states of alertness, enthusiasm, determination, attentiveness and energy compared to talking about hassles or ways in which people thought they were better off than others.
4. Participants in the daily gratitude condition were more likely to report having helped someone with a personal problem or having offered emotional support to another.
5. In a sample of adults with an illness, a gratitude activity carried out over 21 days resulted in greater amounts of high energy, positive moods, a greater sense of feeling connected to others, more optimistic ratings of one's life, and better sleep quality.
6. Children who practised grateful thinking have more positive attitudes toward school and their families (Froh, Sefick, & Emmons, 2008).