

## Make Gratitude a Priority

Science is proving that being thankful has profound physiological and emotional benefits.

See ['Counting Blessing versus Burdens: An Experimental Investigation of Gratitude and Subjective Well-Being in Daily Life'](#) by Robert A. Emmons of University of California, Davis, and Michael F McCullough of University of Miami.

### **A study asked people to keep a journal for 10 weeks.**

One group was asked to describe five things they were grateful for each week.

Another group was asked to describe five hassles.

The third and final group was asked to list five things that affected them, without dwelling on the positive or negative.

The gratitude group emerged from the study 25% happier than the others.

They were in better health and averaged an hour and a half of more exercise than the hassles group.

Their spouses noticed they were happier too.

### **Thankful is also an anti-depressant.**

Clinically depressed people demonstrated about 50% less gratitude than people who are feeling okay.

### **This is neuroscience.**

**Einstein said there are two ways to live your life: you can live as if nothing is a miracle; you can live as if everything is a miracle."**