

WELLBEING

The Life-Changing Benefits Of Gratitude

4 MINUTE READ



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By Claudia Cole

We clapped for our carers, checked on our loved ones, and promised to never take anything for granted again. Now, more than ever, are we filled with deep gratitude. Everyone's efforts during the pandemic have indeed given us a lot to be grateful for.

But it doesn't need to stop there now that we're returning to normality. With daily practice, you can sustain the uplifting spread of positivity by discovering the life-changing benefits of gratitude.

Many of us understand gratitude as the quality of being thankful. However, that's merely one element of it. Gratitude is not just action and goes far beyond gifts and thank you cards. It is a positive emotion that signals our recognition of the things that matter most. It can produce long-lasting positivity, improving our overall happiness.

However, in the day of [social media](#), it's harder to achieve a daily sense of gratitude. With [Instagram envy](#) and [unrealistic body ideals](#), studies have shown that social media can negatively affect your happiness.

Katherine Ormerod, author of [Why Social Media is ruining your life](#), explains:

"On social media, comparison breeds envy at every corner. Instead of feeling grateful for what we have, we believe we need to be more, just to come up to scratch. Our careers, our wardrobe, our lifestyles – none of them are enough."

Fortunately, practising gratitude is a great way to navigate around this. Not only does it help keep negative thoughts at bay, but it can also lead to you feeling fulfilled.

The Life-Changing Benefits



PHOTO BY MAKSIM GONCHARENOK

1. It Shifts Your Perspective

The greatest thing about gratitude is that it allows you to look at your circumstances with a fresh pair of eyes. Instead of complaining about your current situation, you can take the time to appreciate what you have.

For instance, if you catch yourself feeling frustrated with a job, you can choose to feel thankful that you're generating regular income to support yourself.

This simple action helps shift your mind from negative thinking to a sense of gratitude. It's important to appreciate the small things, so we don't lose sight of the things that matter most.

2. Strengthens Positive Vibes

By shifting your perspective, you have the option to respond to situations positively. It's an easy way to lift your spirits and minimise negative self-talk. It's been known that positive thinkers cope more effectively in stressful situations. This is because pessimists' dwell on their frustrations rather than trying to resolve the problem.

Strengthening a positive mindset broadens your sense of possibility. Not only is the glass half full, but there's also plenty of room for more. This will increase your self-esteem, giving you the confidence to conquer anything.

3. Enhances Your Relationships

Gratitude is a powerful tool for enhancing the connection and satisfaction of your relationships. Our loved one's great efforts can sometimes often go unnoticed. We tend to pay more attention to the

negative behaviour of our partners than their thoughtful actions. By being mindful, you will notice and appreciate people's greater qualities.

Part of expressing genuine gratitude is showing those around you how much you cherish them. This not only makes you feel good, but it makes your partner feel recognised and valued. As a result, your bond with others will strengthen.

How To Cultivate Gratitude



There are endless ways you can enhance your life with the power of gratitude. Your choice of practice can be as simple or elaborate as you like. Whether you're short on time or not, there is always a way to express your gratitude. Many incorporate it into their everyday lives through the following:

Recite gratitude affirmations – With the fast-paced world of modern living, it's not easy to get caught up in the future. Reciting positive affirmations helps us to connect to the present. It allows you to take a moment to bask in the joys of today and give thanks for what truly matters. Gratitude affirmation can be said, written, or thought of at any given moment.

Keep a gratitude journal – Many prefer to express their daily gratitude affirmations in a journal. It's the perfect way to connect and reflect on life's given moments. Incorporate this into your routine by carving out time to journal before bed each night. Write a list of ten things you're grateful for and relish in that sweet contentment as you fall asleep.

Share your gratitude with others – Although this is the easiest way to cultivate gratitude, we sometimes forget to thank others for their efforts. Remember to take the time to express your appreciation to those around you.

“There is no duty more indispensable than that of returning a kindness” – Cicero

Gratitude is not only reserved for meaningful moments. No matter how big or small the experience, life in itself is a journey. It's worth incorporating these life-changing benefits to make the most of it.

What's something you're grateful for? We'd love to know in the comments below.

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