

# Gratitude Campaign: Creating an Attitude of Gratitude

Most people take time to give thanks on Thanksgiving Day, or other holidays; for example a common family tradition at the Thanksgiving table is to share what we are thankful for.

But what does it mean to PRACTICE Gratitude? Simply put, it is taking time to notice and reflect upon the things we're thankful for.

What are the benefits of giving thanks year round? Studies on gratitude show that those who practice it regularly, can enjoy physical, psychological and social benefits, including:

- Stronger immune systems
- Less bothered by aches and pains
- Sleep longer and feel more refreshed upon waking
- More joy and pleasure
- More optimism and happiness
- Feel less lonely and isolated

## **Check out these links from the Greater Good Science Center about Gratitude:**

- Whether you are you already practicing gratitude or not, learn 10 ways to become more grateful:  
[https://greatergood.berkeley.edu/article/item/ten\\_ways\\_to\\_become\\_more\\_grateful1/](https://greatergood.berkeley.edu/article/item/ten_ways_to_become_more_grateful1/)
- Want to learn how to keep a gratitude journal?  
[https://greatergood.berkeley.edu/article/item/tips\\_for\\_keeping\\_a\\_gratitude\\_journal](https://greatergood.berkeley.edu/article/item/tips_for_keeping_a_gratitude_journal)
- Curious to know how grateful you are?  
[https://greatergood.berkeley.edu/quizzes/take\\_quiz/gratitude](https://greatergood.berkeley.edu/quizzes/take_quiz/gratitude)
- Want to learn how to talk to kids about gratitude?  
[https://greatergood.berkeley.edu/video/item/talk\\_with\\_kids\\_gratitude](https://greatergood.berkeley.edu/video/item/talk_with_kids_gratitude)

## **List of Gratitude Exercises:**

- <https://chapelhillwellnessatwork.org/wp-content/uploads/2022/11/gratitude-exercises.pdf>

## **Want to lead a group of co-workers in a Gratitude activity? (perfect for holiday gatherings!)**

- Gratitude, Group Activities:  
<https://chapelhillwellnessatwork.org/wp-content/uploads/2022/11/Gratitude-group-activities.pdf>

## **And for more ideas from "Parent University":**

- <https://parents.grps.org/article/gratitude-exercises-activities/>