



# ABCs of BEST-ness

## Growing Gratitude

November 2019

As an educator, opportunities present themselves to help students recognize and acknowledge those things in which they are grateful. The same opportunities also show up for adults, although they might not be as easily apparent.

According to [greatergood.berkeley.edu](http://greatergood.berkeley.edu), growing gratitude positively impacts our physical and psychological well-being:

- 1.) Gratitude allows us to celebrate the present.
- 2.) Gratitude blocks, toxic, negative emotions.
- 3.) Grateful people are more resistant to stress.
- 4.) Grateful people have a higher sense of self-worth.

This makes sense, doesn't it? However, there's a tendency to focus on the negatives because, after

all, we're hardwired to do just that. One can shift gears and begin thinking and seeing more positively by growing a positivity bias. According to Shawn Achor, positive psychology advocate, his research revealed five methods to grow a positivity bias: meditations, journaling, reflecting on three gratitudes, exercise, and random acts of kindness. Practicing one (or all) of these activities for two minutes a day for 21 consecutive days will produce transformative effects both physically and psychologically.

The evidence is clear that being grateful allows people to be happier, to enhance their well-being, and to withstand daily stressors. With regular love and attention, you can grow your gratitude into something beautiful!

If you feel that the support of a counselor or professional coach would be of help to you, call our 24 hour, REALiving EAP Call Center at 1.877.256.9302 for assistance.

**REALiving**<sup>®</sup>  
Helping You Be Your BEST.