



TSW TIME OUT

VOLUME 9

TRAUMA SENSITIVE WORKPLACE INITIATIVE

Gratitude is more than saying thank you. Being appreciative is associated with several mental & physical health benefits. Gratitude can change your view of the world.



10 SCIENTIFIC BENEFITS OF PRACTICING GRATITUDE

- Creates Positive Effects in Brain
- Reduces Stress, Anxiety, & Depression
- Boosts Immune System
- Reduces Chronic Pain
- Improves Sleep
- Creates & Strengthens Relationships
- Promotes Healthy Habits & Exercise
- Helps Us Live More Mindfully
- Promotes Lasting Happiness
- Improves Self-esteem

BOUCHRIKA, I. (2023, JULY 24). 35 SCIENTIFIC BENEFITS OF GRATITUDE: MENTAL HEALTH RESEARCH FINDINGS. RESEARCH.COM. [HTTPS://RESEARCH.COM/EDUCATION/SCIENTIFIC-BENEFITS-OF-GRATITUDE](https://research.com/education/scientific-benefits-of-gratitude)

FAST FACT

Three studies tested the efficacy of three positive psychology tools: [3 Good Things](#), [Gratitude Letter](#), and [Looking Forward Tool](#), while measuring emotional exhaustion, depression, happiness, work-life balance, emotional thriving, and emotional recovery. All 3 tools were associated with significant improvements in most measures of well-being, and most effects were still evident 12 months later.

Kathryn C. Adair, Lindsay A. Kennedy & J. Bryan Sexton (2020) Three Good Tools: Positively reflecting backwards and forwards is associated with robust improvements in well-being across three distinct interventions. *The Journal of Positive Psychology*, 15:5, 613-622. DOI: 10.1080/17439760.2020.1789707

SELF-LOVE SUGGESTION



10-SECOND APPRECIATION:

Take just 10 seconds, periodically throughout your day to focus on and deeply appreciate what you already have and value.

Just a few moments of focus and appreciation are enough to release beneficial chemicals and hormones in your brain & body!!

Click [Here](#) to explore more gratitude tips and practices!!

PEER SUPPORT IS HERE!!



CLICK [HERE](#) TO SEE THE PEER SUPPORT GROUP SCHEDULE! SOCIAL SERVICE MANAGERS - CONTACT US TO GET A DATE SET UP FOR YOUR DISTRICT.

WE'RE HERE FOR YOU!!

CONTACT US FOR SUPPORT AND MORE RESOURCES TO ADDRESS SECONDARY TRAUMATIC STRESS AND VICARIOUS TRAUMA. BE ON THE LOOKOUT FOR FUTURE TRAININGS AND NEWSLETTERS! EMAIL US AT: TSW@MARSHALL.EDU