



NURSES NOTES - Submitted by Jean Kapolnek, Parish Nurse

THE BENEFITS OF GRATITUDE:

One of the best resources for all things..... Gratitude is Berkeley's Greater Good website. A major contributor to their catalog of articles, videos and essays is Robert A. Emmons, Ph.D., a leading scientific expert on gratitude (cool, Robert.) Gratitude is an affirmation of goodness.

Robert A. Emmons, Ph.D. According to this list, pulled from Emmons' Research, gratitude is the silver bullet we are all looking for. A regular gratitude practice:

- Brings us happiness and increases life satisfaction
- Boosts feelings of optimism, joy, pleasure, and enthusiasm
- Reduces anxiety and depression
- Strengthens immune system, lower blood pressure, reduces illness
- Increases sleep quality
- Builds resilience
- Strengthens relationships and connection
- Promotes forgiveness
- Leads to generosity
- Increases generosity and resiliency in kids

This is a good idea as we enter into 2025!!!