



The Power of Gratitude

"It's not happiness that brings us gratitude, it's gratitude that brings us happiness"

Stephanie Simpson

Five Reasons to Practice Gratitude:

- 1. Expressing gratitude can improve your mood.** People who regularly express gratitude for the positive things in their life are shown to be happier overall, leading to lower rates of stress and depression.
- 2. Showing gratitude can make you more optimistic.** Studies show that those who express gratitude regularly appear to have a more positive outlook on life.
- 3. When we express gratitude and receive gratitude, our brain releases dopamine and serotonin, the two crucial neurotransmitters responsible for our positive emotions.**
- 4. Practicing gratitude can improve your physical health.** People who actively express gratitude tend to be more engaged in activities to take care of their physical health, like eating well and exercising. This leads to higher energy levels, better sleep and stronger immune system.
- 5. Gratitude not only improves your physical and mental well-being; it may also improve your relationships.** Gratitude plays a key role in forming relationships, and in strengthening existing ones.

Your EAP is here to help. We offer services to help you effectively practice gratitude. Give us a call today to learn more or visit EAP4YOU.com