



# How Thankfulness Creates Health

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*The science of Gratitude and its Positive Impact on Well-being*

*Power 4 Life.org*

*Lorayne Barton, MD, MPH*

# *What is Gratitude?*

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- Definition: Recognizing and appreciating the good things in life.
- Key aspect of positive psychology.

# *Scientific Evidence for Gratitude's Impact on Health*

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- **Mental Health Benefits:**
- Reduced stress and anxiety
- Improved mood and happiness
- Lower depression symptoms
- Increased optimism and resilience

# *Scientific Evidence for Gratitude's Impact on Health*

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- **Physical Health Health Benefits:**
- Improved sleep quality
- Enhanced immune system function
- Reduced pain perception
- Better Heart Health

# *How Gratitude Works*

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- **Neurotransmitters:**
- Dopamine: “Feel-good” chemical is released when experiencing gratitude
- Serotonin: Contributes to positive mood and well-being

# *Implementing Gratitude in Daily Life*

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- **Morning Routine:** Start your day by reflecting things you are grateful for
- **Mealtime Gratitude:** Thank God for your daily food, Share something you are thankful for to others
- **Bedtime Gratitude:** Thank God for all the positive things you have experienced that day

# *Overcoming Challenges to Practicing Gratitude*

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- **Negative Bias:** - Our brains often tend to think on negative things
- **Taking things for granted:** Consciously acknowledge the good in your life



# *Practicing Gratitude*

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- **Gratitude Journaling:** Write down 3 things you are Grateful for each day
- **Gratitude Meditation:** Focus on moments of appreciation while meditating on God's love and works
- **Expressing thanks:** Verbally tell others you appreciate them
- **Gratitude Visits:** Spend time with someone important to you and express your gratitude to them



# *Bible Verses on Thankfulness*

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- **Psalms 118:1-** "Give thanks to the Lord, for he is good; his love endures forever"
- **Psalms 100:4-** "Enter his gates with thanksgiving, and his courts with praise; give thanks to him and praise his name"
- **Psalms 69:30:** "I will praise God's name in song and glorify him with thanksgiving"

## *Bible Verses on Thankfulness*

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- **Philippians 4:6-7:** "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus..
- **Colossians 4:2:** "Devote yourselves to prayer, being watchful and thankful."

## *EGW Quotes on Thankfulness*

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- Let the fresh blessings of each new day awaken praise in our hearts for these tokens of His loving care. When you open your eyes in the morning, thank God that He has kept you through the night. Thank Him for His peace in your heart. Morning, noon, and night let gratitude as a sweet perfume ascend to heaven.... ML 171.5.

## *EGW Quotes on Thankfulness*

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- Our hearts should be filled so full with **thankfulness** to God, that they would overflow in words of praise and deeds of love.

in a sermon she gave at the St. Helena Sanitarium Chapel on August 1, 1903