

Jon Dillow Counseling

Counseling, Coaching, and Seminars

Gratitude

Benefits

- Releases Dopamine and Serotonin. These are two of the “happy” chemicals we want in our brains. The former relates to reward and motivation. The latter has been linked to contentment and reduction in depression.
- Improves sleep quality.
- Fosters deeper relationships
- Increases resilience
- Lowers anxiety
- Reduces feelings of envy
- Increases optimism

Daily List of Three

One of the simplest ways to begin a habit of gratitude is to make a list daily of three items you're grateful for. These can be about anything: Relationships, personal traits, possessions, experiences, etc. For most people it's helpful to make this list at a regular time each day.

To get even more out of the experience try to include three parts in your expressions of gratitude: **a focus, emotion, and impact**. The focus is the subject of your gratitude. The emotion is the feelings this subject elicits in you. The impact is how having this present in your life causes some positive impact in you or the world.

A few examples.

You could say, “I’m thankful for my dog.” The dog is the focus but there’s no emotion or impact. Including all three components it might sound like this, “I’m thankful for my dog. Being able to throw the ball to him outside brings me a sense of joy and contentment. Having him in my life leaves me feeling less isolated and alone.”

Expressing gratitude in this expanded way can increase the impact of the habit.