

## HEALTH IMPACTS OF GRATITUDE

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{\*\*ON CAM\*\*}

DO YOU WANT TO SLEEP BETTER ... FEEL LESS STRESSED ... AND ENJOY STRONGER AND HEALTHIER RELATIONSHIPS? STUDIES SHOW ADOPTING A DAILY 'GRATITUDE PRACTICE' CAN ACCOMPLISH THESE GOALS.

{\*\*TAKE VO\*\*}

INTERNAL MEDICINE DOCTOR TRESA MCNEAL SAYS STUDIES HAVE DEMONSTRATED THAT PEOPLE WHO EXPRESS GRATITUDE DAILY ARE MORE JOYFUL AND LESS STRESSED.

THIS IS LIKELY BECAUSE THE PROCESS OF EXPRESSING GRATITUDE RELEASES FEEL-GOOD HORMONES ... LIKE DOPAMINE AND SEROTONIN.

SO, WHERE TO START? SHE SAYS THE SCIENCE SHOWS IT DOESN'T HAVE TO BE COMPLICATED.

{\*\*TAKE SOT\*\*}

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TRT: 12

It doesn't seem to matter if they're expressing gratitude about events from the past, people from the past, the present or the future. The important point is that we're taking the time to be intentional with our gratitude.

{\*\*ON CAM\*\*}

READY TO TAKE THE NEXT STEP? DOCTOR MCNEAL RECOMMENDS JOTTING DOWN IN A JOURNAL ONE TO TWO THINGS YOU'RE GRATEFUL FOR EVERY DAY.