

# Gratitude



**MDAM**

MOOD DISORDERS  
ASSOCIATION OF MANITOBA  
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*Helping People Help Themselves*

Compiled by 2023 Green Team

## What is Gratitude?

Gratitude is the ability to show appreciation for the things you are thankful for and the things you have. (The Greater Good Science Center at the University of California, Berkeley, 2019)

## How to Practice Gratitude

When practicing gratitude, it is important to affirm the good things one receives from others. It is important for others to know a person truly appreciates the goodness they give. With this, having authenticity in saying thank you to those who should be thanked is very necessary. It is also important to acknowledge and be thankful for the good things in one's life. Therefore, instead of focusing on all of the things one does not have, focus on and appreciate what one does have. One can use this tool to consider the negativity in their life as an area of growth and learning. (Mindful, 2019)

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## Practice with Purpose

There are a couple of ways in which one can begin practicing gratitude in a purposeful way. A simple start can be to keep a gratitude journal; a journal with things one is grateful for. In a more social aspect, one can practice smiling, saying thank you, and maybe even writing thank you letters or notes. Expressing thankfulness any time one can is great practice. When looking introspectively, one could consider asking questions such as "Have I caused any difficulty or troubles lately?" "What are some things I have received lately?" and "What have I given?" Finding answers to these questions may help one feel more at balance with where they are with their gratitude. Although it can be difficult, one should aim to have at least one moment of expressing thankfulness in their day, building on these skills of feeling and expressing gratitude. (Um, 2019)

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## Why Does it Matter?

Many have found that gratitude is strongly connected to all aspects of well-being. Those who practice gratitude typically have stronger relationships, have a more positive perspective on life, and generally have a better sense of understanding what it means to be truly appreciative of others, appreciative of ones self, and for the things one has. (Wood, Froh, & Geraghty, 2010)

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