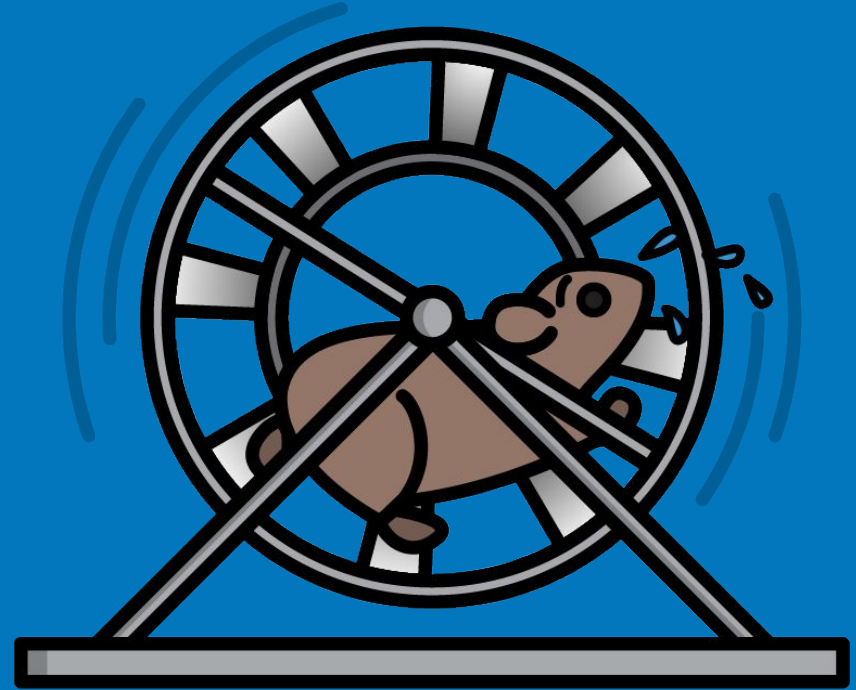


Miracle Minutes #1

- Why am I so fat?
- I'm such a failure when it comes to X
- Why is so and so such a jerk?
- Why am I so weird?
- Why did I SAY that?
- How come she/he is so much better at X than me?



Gratitude



A photograph of seven autumn leaves hanging from a thin, horizontal string. The leaves are arranged in a slightly overlapping row, showing a progression of colors from green on the left to deep red on the right. The background is a plain, light-colored wall.

**"GRATITUDE IS NOT ONLY THE GREATEST OF
VIRTUES, BUT THE PARENT OF ALL OTHERS."**

MARCUS TULLIUS CICERO



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- Anger could lead you to lose your job.
- Frustration and stress can harm your health.
- Jealousy can hurt your relationships.
- Fear and feelings of inadequacy can stop you from going after your dreams.
- Overwhelm can paralyze you.

- Love and compassion brings you closer connections with others.
- Self-confidence motivates you to take action toward your dreams.
- Enthusiasm makes you attractive to others and moves you forward.
- Altruism connects you with others and often brings good things back to you.
- Serenity is good for your mental and physical health.

Gratitude has been linked to...

- Stronger social relationships
- Greater life satisfaction
- Less stress
- Better sleep
- Lower inflammation
- Less depression
- Lower blood pressure
- Reduced physical pain

Gratitude is good medicine

Practicing gratitude boosts emotional and physical well being

A growing body of research is confirming that an ounce of gratitude is worth a pound of cure.

"The practice of gratitude can have dramatic and lasting effects in a person's life," said [Robert A. Emmons](#), professor of psychology at UC Davis and a leading scientific expert on the science of gratitude.

"It can lower blood pressure, improve immune function and facilitate more efficient sleep. Gratitude reduces lifetime risk for depression, anxiety and substance abuse disorders, and is a key resiliency factor in the prevention of suicide," he said.

Practicing gratitude also affects behavior. Studies have shown that grateful people engage in more exercise, have better dietary behaviors, are less likely to smoke and abuse alcohol, and have higher rates of medication adherence – factors that translate into a healthier and happier life.



Starting a gratitude practice can be as easy as listing what you're grateful for at the beginning or end of each day.

Gratitude works

Emmons believes gratitude works because it allows individuals to celebrate the present and be an active participant in their own lives. By valuing and appreciating friends, oneself, situations and circumstances, it focuses the mind on what an individual already has rather than something that's absent and is needed, he said.

A person's mindset also affects the body's biochemistry, especially factors related to heart disease.

"Gratitude blocks toxic emotions, such as envy, resentment, regret and depression, which can destroy our happiness."

— Robert Emmons

Gratitude is associated with higher levels of good cholesterol (HDL), lower levels of bad cholesterol (LDL), and lower systolic and diastolic blood pressure, both at rest and in the face of stress. It also has been linked with higher levels of heart rate variability, a marker of cardiac coherence, or a state of harmony in the nervous system and heart rate that is equated with less stress and mental clarity.

**In daily life we must see that it is not happiness
that makes us grateful,
but gratefulness that makes us happy.**

— Brother David Steindl-Rast

How do you practice gratitude, exactly?

Easy! Start taking one “miracle minute” every day to say what you’re grateful for.



What are you grateful for?!

- I'm grateful that we are healthy!
- I'm grateful that it's raining!
- I'm grateful that we have good food to eat!!
- I'm grateful that we have nice friends!

Compare that to “normal” thoughts...

- Crap, I didn't call mom yesterday
- It looks really crappy and cold out there
- I have too much to do!!!
- I suck at my business and I'll never be able to retire from UCSF
- I wish I didn't have to go in to work today.
- I didn't sleep that well last night.

I'm grateful for...

- A roof over my head
- The beauty of the night sky
- Basic mental health
- Clean, running water

Places to be grateful for...

I'm grateful for...

- Yosemite
- Viks Indian Chaat
- Tibet
- Starbucks

I'm grateful for...

- Meditation training
- Toastmasters
- A Masters in literature
- Brooke's self-coaching course

Stuff that is felt with our senses...

I'm grateful for...

- The smell of jasmine
- Fall leaves
- A hot shower
- The smell of coffee



**What does gratefulness
feel like in your body?**

Another way to practice gratitude....

Write a letter of gratitude



Ideas for your letter of gratitude...

- I've been meaning to let you know that...
- I admire X about you
- I'm grateful that you did/said/gave X
- I appreciate you because you X
- I remember X nice episode when you/we...
- I've learned X from you (Something positive 😊 🤔)
- You contributed X to X

Question:

Is it okay to repeat the same gratitudes every day?

Gratitude

