

HTHM

Wellness: Gratitude and Your Health

Think of the things that you are most grateful for. List the top three with as much detail as possible. By doing this simple exercise, you have created a shift in your hormone pathways that can improve your health. And, if practiced regularly, you can begin to rewire your neural network (the way you think).

A formal practice of gratitude has proven to reduce inflammation that leads to heart, joint and other types of chronic disease. For many of us, gratitude doesn't come easy. As with most things worth doing, it takes effort and energy. Over time, this simple technique can make a lasting change in the way we see the world.

Like ruts in a road, if we continue to use the same pathways (positive or negative), our brain forms deeply rooted patterns that can be hard to change. A person who tends to look for what is wrong rather than what is right, experiences the effects of negative pathways

Counting blessings or writing a gratitude list before bed promotes:

- ❖ **Better sleep**
- ❖ **Lower blood pressure,**
- ❖ **Better digestion and**
- ❖ **A stronger immune system**

The next time you are feeling down, pull out your gratitude lists, mentally or literally, and remember all you have to be grateful for.

Here are a few ways to incorporate gratitude into your daily life:

- ❖ **Write a journal about your gratitude as part of your morning or evening ritual. Focus on the things you are grateful for – be specific**
- ❖ **Ask friends, family, and colleagues what they are grateful for. Example, “tell me about the best part of your day”.**
- ❖ **Download a gratitude app – there are many gratitude apps available for use with a smartphone.**

MONITOR QUOTES FOR JANUARY 2019

January 6, 2019

Exercise daily and eat smaller amounts, try to stay healthy, that's what counts

January 13, 2019

TV's are getting flatter while bellies are getting fatter

January 20, 2019

EAT WELL, FEEL WELL, LOOK WELL!

January 27, 2019

Hop Into Healthy Habits