

“When you give yourself, you receive more than you give.”

~ Saint-Exupery



What is Gratitude?

“Gratitude is a feeling of thankfulness and joy we feel in response to something we have received.”

– MINDUP Curriculum

Why Practice Gratitude?

Research is showing that practicing gratitude is good for our health in a variety of ways. One of the most significant being that it allows us to see the glass “half full” rather than “half empty”. It shifts our thinking to a more positive outlook and we are able to experience a calmer and happier mindset. It strengthens our connections with others, and allows us to be more empathetic and resilient.

Practicing gratitude can also have powerful effects on our brain. Research shows that when we are grateful, our bodies are able to calm down. The MINDUP Curriculum states that “feelings that come with gratitude trigger the calming branch of the automatic nervous system, the parasympathetic system. The sympathetic system is the ‘fight, flight, or freeze’ responder during emergencies, stress, and intense activity. The counteracting parasympathetic nervous system is all about ‘rest and digest’. It slows the heartbeat, shunts blood from muscles to the organs, and contracts the pupils of the eyes.” Feeling appreciative also effects levels of dopamine in the brain, which is the neurotransmitter for happiness and joy.