

Coping During COVID-19

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How GRATITUDE Supports HEALTH

Research has found that gratitude is good for our bodies, our minds, and our relationships.



 Greater Good Science Center



Do you have more questions about available services? Please contact Dr. Andrea Hermosura at (808) 225-1497.

If you would like to request a check-in by one of our psychologists, please call Dr. Nicole Aurellano at (808) 348-1553 or complete the google form to request a call

Headspace Meditation App for free

<https://help.headspace.com/hc/en-us/articles/360045161413-Headspace-for-Healthcare-Professionals>

What is Gratitude?

Gratitude is a state of mind that arises when you affirm a good thing in your life that comes from outside yourself, or when you notice and relish little pleasures. Though some people and things are clear blessings, this state of mind doesn't actually depend on your life circumstances. Whether it's the sight of a lovely face or a tasty bite of food or good health, there is always something to be grateful for. Even bad experiences at least teach us something. And gratitude is not just a feeling outside your control that arrives willy-nilly. It's more like a radio channel: you can choose at any time to tune in.

As we head in to this next month and the curve becomes flat, with only 1 or 2 new cases per day, it will get harder for everyone to understand the importance of shelter in place. Taking time during this next month to notice, contemplate, and express gratitude for people and things can make this time much more meaningful. Gratitude is a healing and supportive emotion, too. If you're struggling with family drama, stressful situations, or disappointments, the practice of gratitude can help you through.

How can I increase gratitude?

- Slow down before each encounter, and with a deep breath, have the presence of mind to see the beauty in others' struggles.
- With intentionality, thank them for letting you be involved in their lives at this important time.

How can WE increase gratitude?

- Say an affirmation prior to clinic or rounds
- Create a "gratitude wall" to encourage patients and staff to write down and post their thank you's to one another.
- Be a gratitude leader by thanking and acknowledging teammates for their compassion and care throughout the day. Along those lines, try to acknowledge those who have contributed to your own success, identifying the specific gifts they gave you.

“The miracle of gratitude is that it shifts your perception to such an extent that it changes the world you see.”

– Dr. Robert Holden



[Learn more at
Thnx4.org](http://Thnx4.org)

Sample Gratitude Exercises:

1. Take a photo every day for something you are grateful for.
2. In your interactions with others, take the time to look them in the eye and really thank them.
3. Take the time to focus on yourself. Appreciate and give thanks for your unique personality, skills and talents.
4. Write about something you feel grateful for in your life today.
5. Take a few minutes to call or text someone you haven't talked to in a while. Tell them how much you appreciate them.
6. Send thank you notes to a couple people who deserve a little recognition.
7. Make the effort to live life with a positive outlook. Restrain from criticizing the people around you. Dare to see the glass half full. Listen more than you speak. Give freely of yourself. Practice kindness at every opportunity.

Gratitude in the Workplace

Surveys have found that:

- People are less likely to express thanks at work than anywhere else
- 60% NEVER or very rarely thanked anyone at work
- Only 10% expressed gratitude at work on a given day
- 35% worried that expressing gratitude would lead co-workers to take advantage of them

But surveys also found that:

- Saying “thanks” at work makes people feel happier and hearing “thanks” made them happier and more productive (by 50%!)
- Only 18% felt expressing gratitude made bosses seem weak; 93% said grateful bosses were more likely to succeed
- In general, “Thank you” from a supervisor boosts self-worth and self-efficacy; gratitude recipients become more trusting and more helpful
- According to the U.S. Department of Labor, the number one reason why people leave their jobs is because they don't feel appreciated.

Full text articles

1. <http://ei.yale.edu/what-is-gratitude/>
2. https://greatergood.berkeley.edu/article/item/how_gratitude_can_reduce_burnout_in_health_care
3. https://greatergood.berkeley.edu/article/item/why_health_professionals_should_cultivate_gratitude

Learn more about gratitude through these TED Talks:

1. 365 grateful project
<https://youtu.be/zaufonUBjoQ>
2. My journey to thank all the people responsible for my morning coffee
<https://www.youtube.com/watch?v=L375-rWJVmU>
3. Remember to say Thank You
<https://youtu.be/2YExCHRUeqE>