



Week 4 – A Note of Gratitude – The Science of Happiness

On our 4th week of the 12 Weeks of Wellbeing, we're focusing on gratitude.

Did you know that it is scientifically proven that one of the greatest contributing factors to overall happiness in your life, is how much gratitude you show?

When you're feeling stressed and under pressure, your mind is usually focused on the negatives; everything that is causing you stress, anxiety and an overwhelming sense of pressure. We are transfixed on our ability to deliver, also usually in a negative mindset and we begin to believe we are underperforming... which also comes with further stress!

When stressed, we release cortisol which increases our heart rate. We can get hot, sweaty, flustered and we don't think clearly. Stress clouds our judgment and ultimately, we don't make the best decisions when we are stressed. In moments of high pressure, try this exercise...

What makes you happy? Having fun? Seeing your friends? Spending time with family? Making money?

Well, consider this, psychologists have scientifically proven that one of the greatest contributing factors to overall happiness in your life, is how much gratitude you show.

Step 1

Close your eyes, think of someone that is really influential in your life. Someone who has done something really amazing or important to you.

Step 2

Write down as much as you can about why this person is so important to you. What is it about them that makes you grateful to have them in your life?

Step 3

Now, stop what you're doing and call that person. Read what you wrote about them, to them. Don't shy away! Don't alter what you write in step 2 to make you feel more comfortable about reading this to them. You wrote down how you truly feel about them, and it came from somewhere deep within. Read it to them exactly how you wrote it.

Why have we made you do this?

If you wrote this down but didn't make the call, or read this to the person's face, then your happiness would have only increased by, on average, 2 – 4%. If you did, on average, your happiness would have increased by between 4 – 19%.

Expressing your gratitude WILL make you a happier person.

In a study where this was conducted, the person that walked in the most unhappy that day, saw greater increases and left with the highest jump in happiness.

We tried this in our office and immediately felt the difference. Thanks to Soul Pancake for bringing this to us. If you want to see this happen in action, follow the link: <https://www.youtube.com/watch?v=oHv6vTKD6lg>