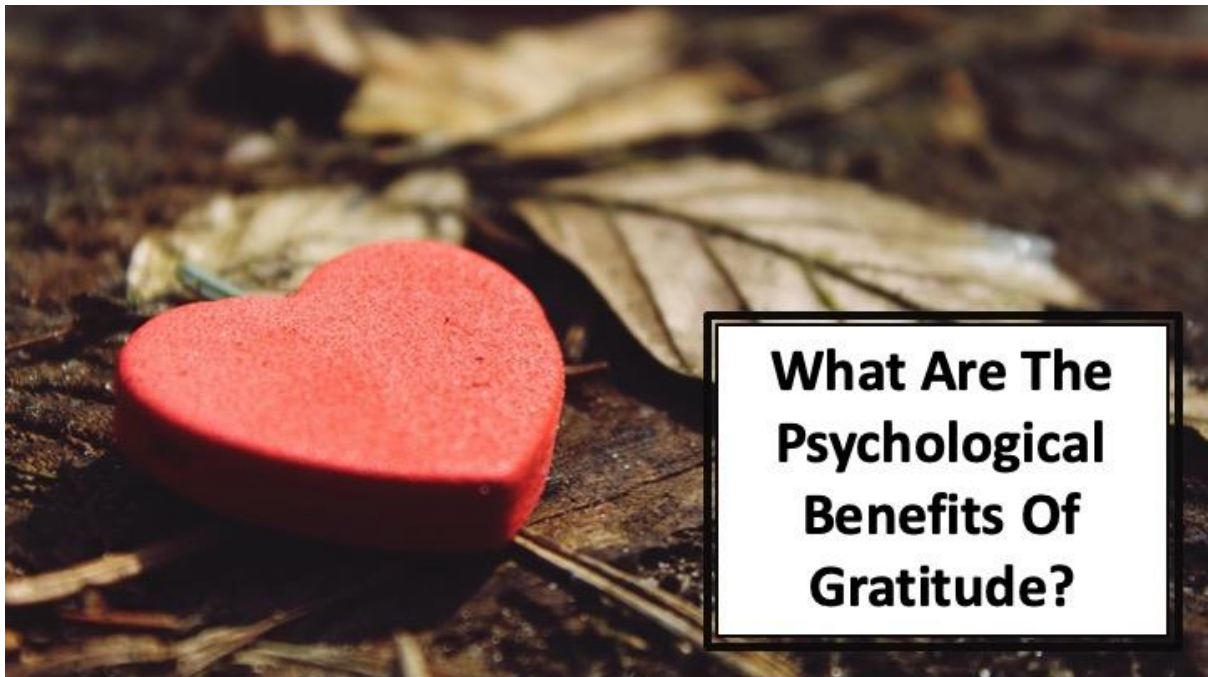
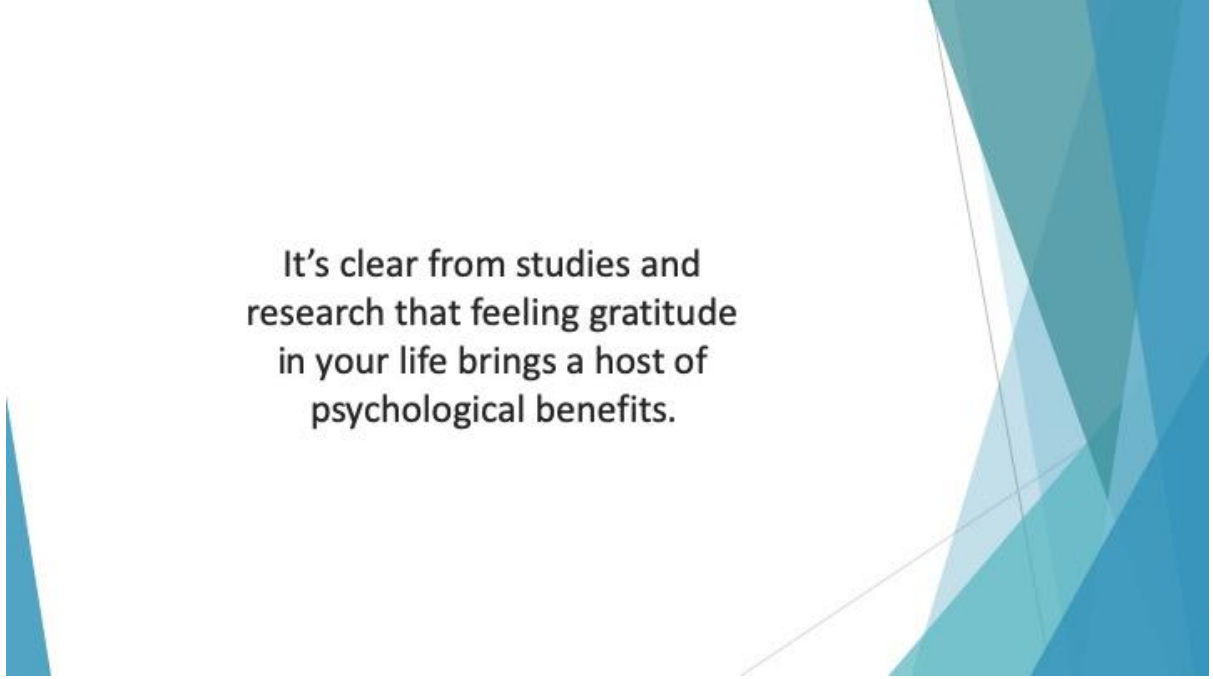


Chapter 3: What are the Psychological Benefits of Gratitude?




S1 : In this video, we'll discuss about "What are the Psychological Benefits of Gratitude?"

The image features a white background with several blue geometric shapes. On the left, there is a small blue triangle. On the right, there is a larger, complex shape composed of overlapping translucent blue polygons in various shades, including light blue, teal, and dark blue. The text is centered in the white space between these shapes.

It's clear from studies and research that feeling gratitude in your life brings a host of psychological benefits.

S2 : It's clear from studies and research that feeling gratitude in your life brings a host of psychological benefits.



Simply by feeling more thankful for the things that you have and experience every day, you can improve your mental state and enjoy better psychological well-being.

S3 : Simply by feeling more thankful for the things that you have and experience every day, you can improve your mental state and enjoy better psychological well-being.




Reducing Depression


Around a quarter of the population will experience a mental health problem at some point in their lifetime.

S4 : Reducing Depression


Around a quarter of the population will experience a mental health problem at some point in their lifetime.



Depression is one of the most common and it can be seriously debilitating.




S5 : Depression is one of the most common and it can be seriously debilitating.

The image features a decorative background with several overlapping, semi-transparent blue geometric shapes, including triangles and polygons, in various shades of blue and teal. The shapes are arranged in a way that creates a sense of depth and movement, primarily concentrated on the right side of the page.


Getting professional help to
treat depression can be
costly and difficult.

S6 : Getting professional help to treat depression can be costly and difficult.




Finding the right treatment can be difficult, and often, medication doesn't work. However, gratitude is a simple skill to practice.

S7 : Finding the right treatment can be difficult, and often, medication doesn't work. However, gratitude is a simple skill to practice. It has been proven to reduce depression.



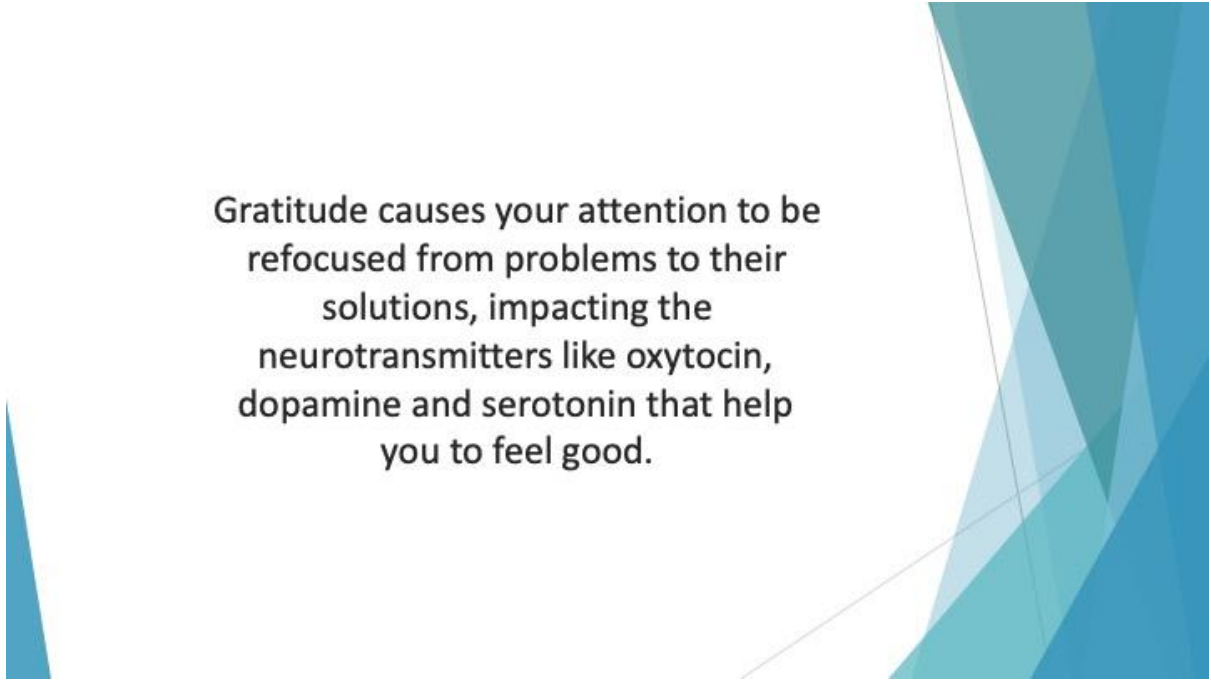
It is also less time-consuming,
more affordable and more
convenient than many
traditional therapies.

S8 : It is also less time-consuming, more affordable and more convenient than many traditional therapies.



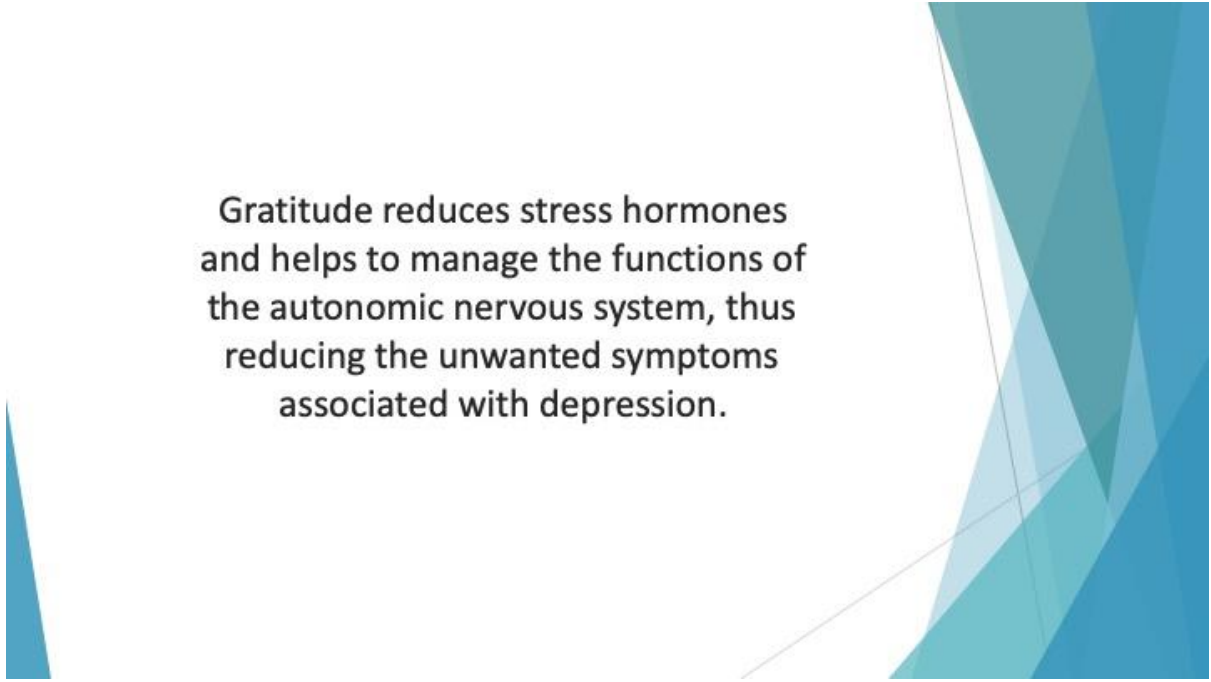
Depression is a condition
that has a neurochemical
and psychological base.

S9 : Depression is a condition that has a neurochemical and psychological base. Both of these can be helped by gratitude.



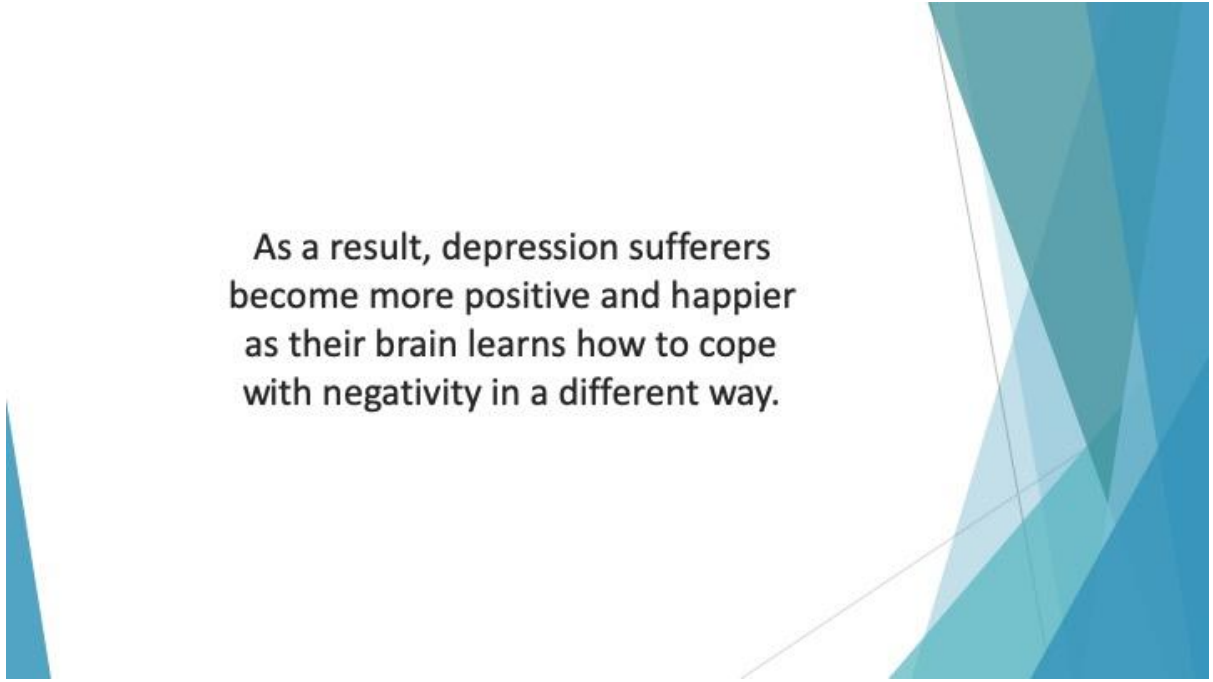
Gratitude causes your attention to be refocused from problems to their solutions, impacting the neurotransmitters like oxytocin, dopamine and serotonin that help you to feel good.

S10 : Gratitude causes your attention to be refocused from problems to their solutions, impacting the neurotransmitters like oxytocin, dopamine and serotonin that help you to feel good. When those chemicals surge in your brain, you feel more motivated and less apathetic, helping to reduce your depression.




Gratitude reduces stress hormones and helps to manage the functions of the autonomic nervous system, thus reducing the unwanted symptoms associated with depression.

S11 : Gratitude reduces stress hormones and helps to manage the functions of the autonomic nervous system, thus reducing the unwanted symptoms associated with depression. Feelings of thankfulness, at a neurochemical level, are linked to increased neural modulation in the part of the brain (the prefrontal cortex) that is responsible for handling negative emotions such as shame and guilt.

The image features abstract geometric shapes in various shades of blue. On the left, there is a small, solid blue triangle. On the right, there is a larger, complex shape composed of several overlapping, semi-transparent triangles in different shades of blue, creating a layered effect. The text is centered in the white space between these shapes.

As a result, depression sufferers become more positive and happier as their brain learns how to cope with negativity in a different way.

S12 : As a result, depression sufferers become more positive and happier as their brain learns how to cope with negativity in a different way.



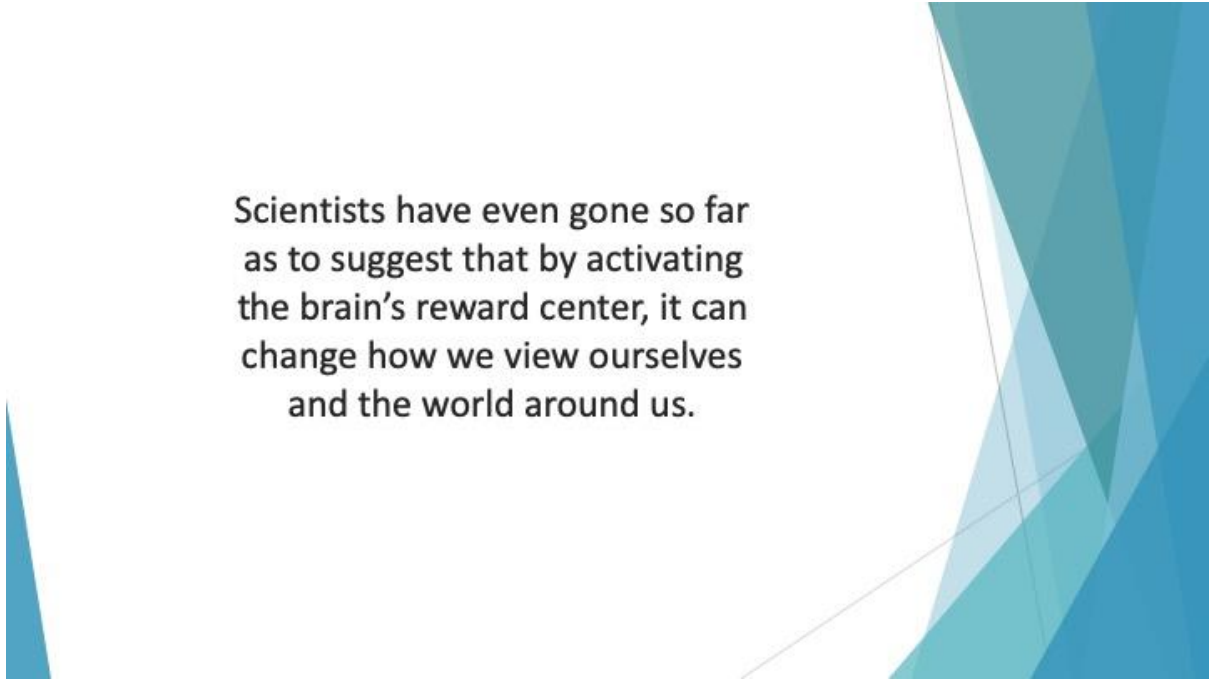
In fact, gratitude is so powerful
that it can even change the
brain's neural structures, making
depression sufferers feel more
content and happy.

S13 : In fact, gratitude is so powerful that it can even change the brain's neural structures, making depression sufferers feel more content and happy. Appreciating others and feeling grateful helps to trigger the release of good hormones like dopamine and serotonin.

It also helps to regulate the immune system's function.



S14 : It also helps to regulate the immune system's function.




Scientists have even gone so far as to suggest that by activating the brain's reward center, it can change how we view ourselves and the world around us.

S15 : Scientists have even gone so far as to suggest that by activating the brain's reward center, it can change how we view ourselves and the world around us.

Being thankful forces you to
focus on the positives.



S16 : Being thankful forces you to focus on the positives. When you practice gratitude, your brain will be redirected automatically to focus on the things that you do have rather than the things that you don't.


The image features abstract blue geometric shapes. On the left, there is a small, solid blue triangle. On the right, there is a larger, complex shape composed of several overlapping, semi-transparent triangles in various shades of blue, ranging from light to dark. The text is centered in the white space between these two shapes.

This helps us to be more aware
of the here and now and to
develop a more grounded
attitude.

S17 : This helps us to be more aware of the here and now and to develop a more grounded attitude.




Reduced Stress



Stress is a common feature of everyday life these days. We have stressful jobs, more pressure on us in our family life than ever before, and less time to get everything done.

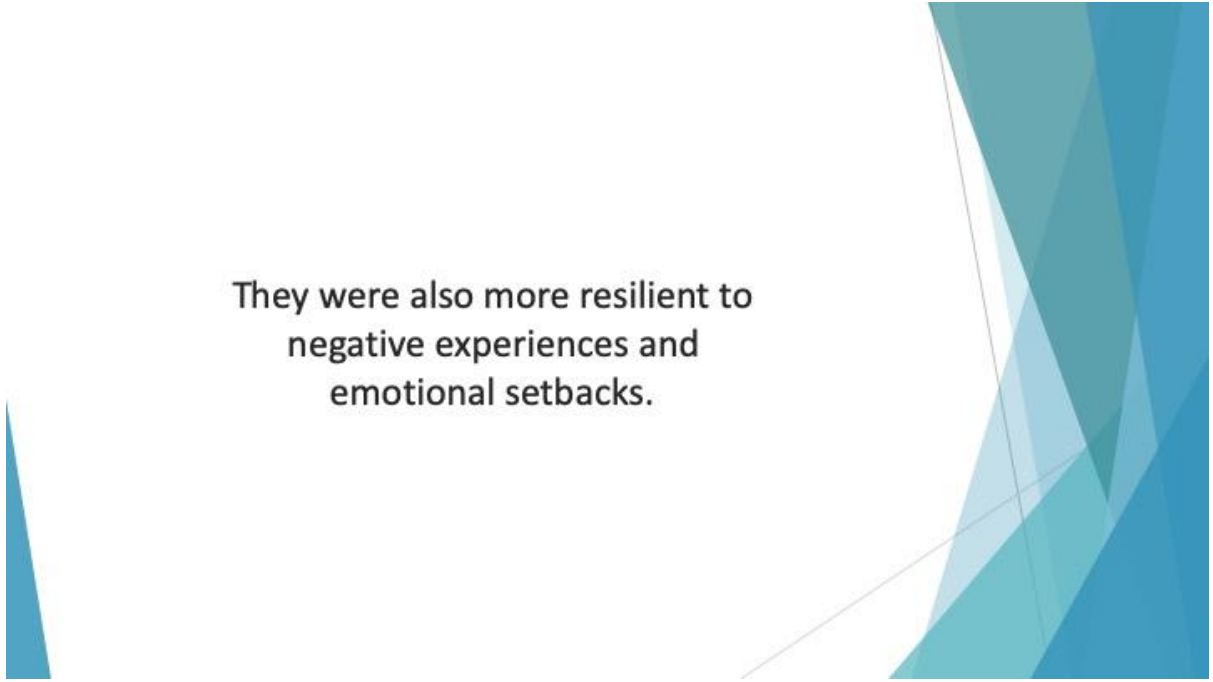
S18 : Reduced Stress

Stress is a common feature of everyday life these days. We have stressful jobs, more pressure on us in our family life than ever before, and less time to get everything done. It's no wonder, then, that so many people find it so difficult to cope.



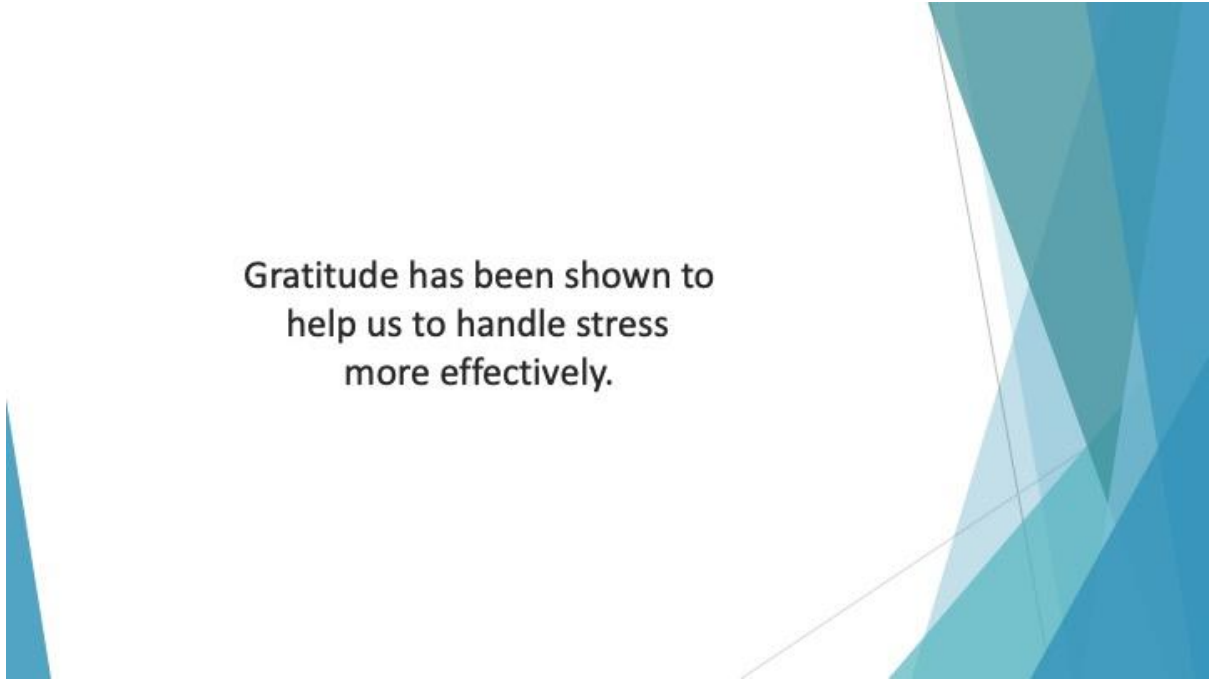
There have been studies carried
out into stress and gratitude
and the results have been very
interesting.

S19 : There have been studies carried out into stress and gratitude and the results have been very interesting. Participants in those studies showed a significant reduction in their stress hormone (cortisol) levels when feeling grateful.

The image features abstract blue geometric shapes. On the left, there is a small blue triangle. On the right, there is a larger, more complex shape composed of several overlapping triangles in various shades of blue, ranging from light to dark. The text is centered in the white space between these shapes.


They were also more resilient to
negative experiences and
emotional setbacks.

S20 : They were also more resilient to negative experiences and emotional setbacks.

The image features a white background with decorative blue geometric shapes. On the left, there is a small blue triangle. On the right, there is a larger, complex shape composed of several overlapping triangles in various shades of blue, ranging from light to dark. The text is centered in the upper half of the page.

Gratitude has been shown to
help us to handle stress
more effectively.

S21 : Gratitude has been shown to help us to handle stress more effectively.



By simply appreciating and acknowledging the small positives in life, it's possible to rewire your brain so that it learns how to deal with your circumstances with increased awareness and better perception.

S22 : By simply appreciating and acknowledging the small positives in life, it's possible to rewire your brain so that it learns how to deal with your circumstances with increased awareness and better perception.

Stress is a natural bodily response to change, both bad and good.




S23 : Stress is a natural bodily response to change, both bad and good.
Positive stress (known as eustress) makes us feel happy.

Meanwhile, unforeseen problems trigger distress or negative stress.




S24 : Meanwhile, unforeseen problems trigger distress or negative stress. Gratitude releases your stress hormones effectively while boosting positive emotions such as happiness.




If you commit to practicing gratitude on a daily basis, you can reduce your negative emotions, naturally detoxing your body and mind from stress.

S25 : If you commit to practicing gratitude on a daily basis, you can reduce your negative emotions, naturally detoxing your body and mind from stress.



Of course, gratitude won't
bring immediate relief to those
suffering from stress and
practicing it won't mean you'll
suddenly be overjoyed.

S26 : Of course, gratitude won't bring immediate relief to those suffering from stress and practicing it won't mean you'll suddenly be overjoyed. Gratitude merely helps you to accept your feelings then work on how to make them less overpowering.




This is how, over time, you learn to combat stress and cope with it more effectively.

S27 : This is how, over time, you learn to combat stress and cope with it more effectively.



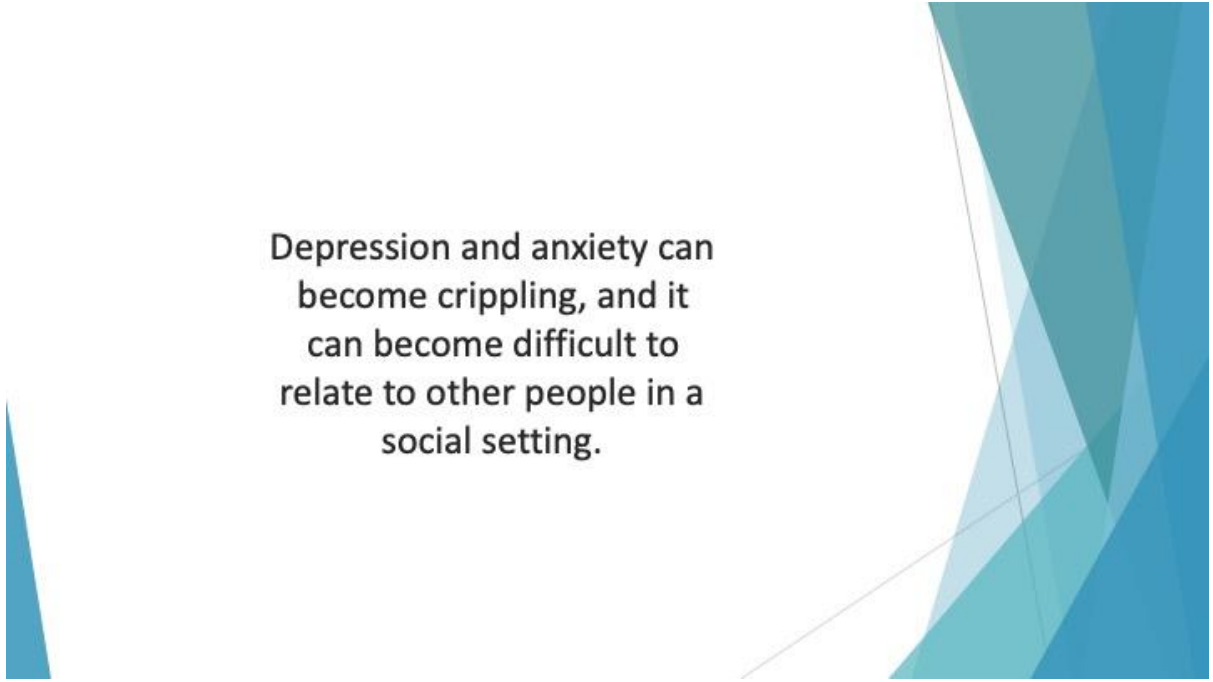
Greater Self-Esteem



Many people suffer from low self-esteem that impacts on every area of their lives.


S28 : Greater Self-Esteem

Many people suffer from low self-esteem that impacts on every area of their lives. With poor self-esteem, other mental health problems can soon follow.



Depression and anxiety can become crippling, and it can become difficult to relate to other people in a social setting.

S29 : Depression and anxiety can become crippling, and it can become difficult to relate to other people in a social setting. As a result, sufferers become more isolated which only exacerbates the problem.




Yet, gratitude has been shown in studies to make people friendlier and kinder, and when someone is kind and friendly, they are more likely to attract positive people to them and receive help from them.

S30 : Yet, gratitude has been shown in studies to make people friendlier and kinder, and when someone is kind and friendly, they are more likely to attract positive people to them and receive help from them.

Gratitude also increases your ability
to spot kindness in others.




S31 : Gratitude also increases your ability to spot kindness in others.




For example, if you suffer from poor self-esteem, you may well look at a kind act skeptically, believing that the other person is only being kind to get something back in return.

S32 : For example, if you suffer from poor self-esteem, you may well look at a kind act skeptically, believing that the other person is only being kind to get something back in return. Someone who is grateful, on the other hand, will be able to accept that kindness for its face value since they would believe that they were worthy to receive kindness.

The image features a white background with several blue geometric shapes. On the left, there is a small blue triangle pointing upwards. On the right, there is a larger, more complex shape composed of overlapping translucent blue triangles and polygons, creating a layered effect. The text is centered in the white space between these shapes.

At the end of the day,
practicing gratitude helps you
to work towards feeling good
about yourself.

S33 : At the end of the day, practicing gratitude helps you to work towards feeling good about yourself.



When you think good thoughts and appreciate other people and their actions, you feel positive about yourself, while those who are on the receiving end of your thankfulness also feel good.

S34 : When you think good thoughts and appreciate other people and their actions, you feel positive about yourself, while those who are on the receiving end of your thankfulness also feel good.

It's a positive feedback loop that's good for all parties involved.



S35 : It's a positive feedback loop that's good for all parties involved.