


Chapter 4: Gratitude's Physical Effects



S1 : In this video, we'll talk about "Gratitude's Physical Effects"




We've already looked at
how gratitude can impact
on your psychological
well-being.

S2 : We've already looked at how gratitude can impact on your
psychological well-being.

However, it can also have a positive effect on your physical health.



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Here, we take a closer look at how implementing gratitude practice in your everyday routine can make you feel better, get well sooner, and maybe even live longer.

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Improved Sleep

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Most of us know that sleep is very important to maintain good health.
If you don't get enough sleep, your body comes under excess strain.



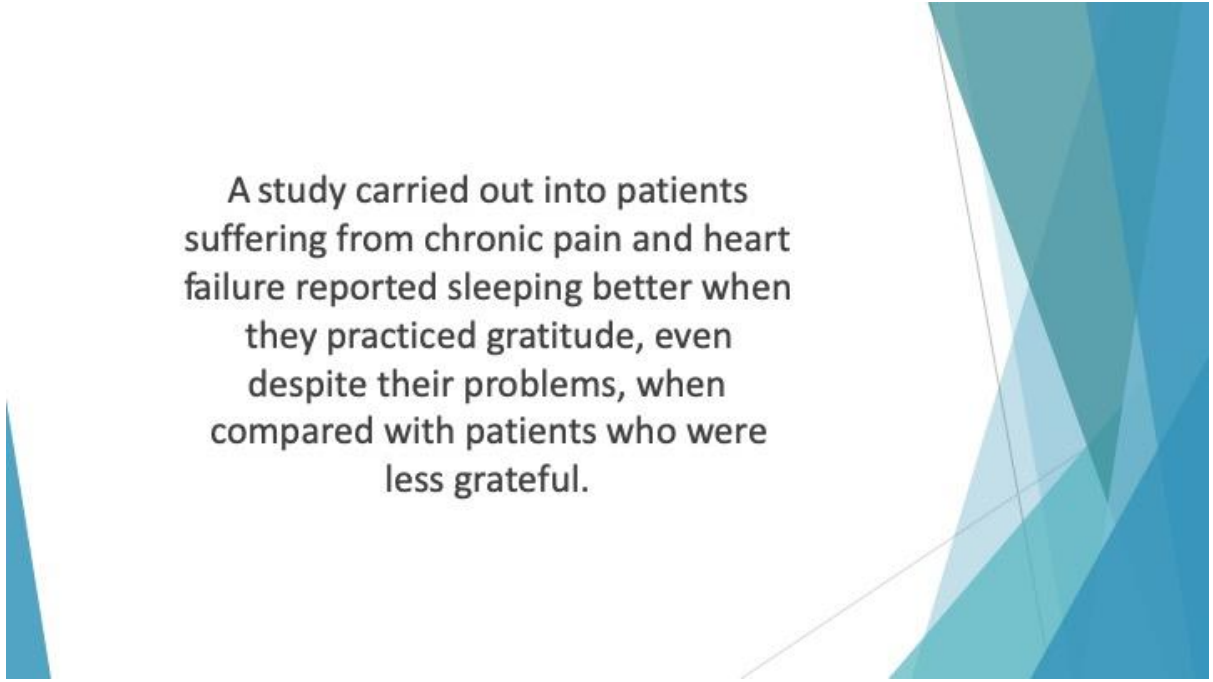
This increases the chances of your developing cardiovascular disease, diabetes, obesity and other medical problems. However, it can be hard to get to sleep.

S6 : This increases the chances of your developing cardiovascular disease, diabetes, obesity and other medical problems. However, it can be hard to get to sleep. Many people suffer from insomnia.




Yet, studies have shown that practicing gratitude more often is an easy way of improving the quality of your sleep.

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A study carried out into patients suffering from chronic pain and heart failure reported sleeping better when they practiced gratitude, even despite their problems, when compared with patients who were less grateful.

S8 : A study carried out into patients suffering from chronic pain and heart failure reported sleeping better when they practiced gratitude, even despite their problems, when compared with patients who were less grateful. Those who were most grateful reported being able to fall asleep more rapidly, sleep for longer, have a better quality of sleep and stay awake more easily in the daytime.



The evidence from these studies showed that gratitude helps to improve sleep because it causes people to have fewer negative thoughts at bedtime and more positive ones.

S9 : The evidence from these studies showed that gratitude helps to improve sleep because it causes people to have fewer negative thoughts at bedtime and more positive ones. It stands to reason that if you're worried and anxious at night, your body's stress level increases and this keeps you awake.




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A Stronger Immune System



Interestingly, studies have shown that practicing gratitude regularly can increase the level of the antibody immunoglobulin A in the body.

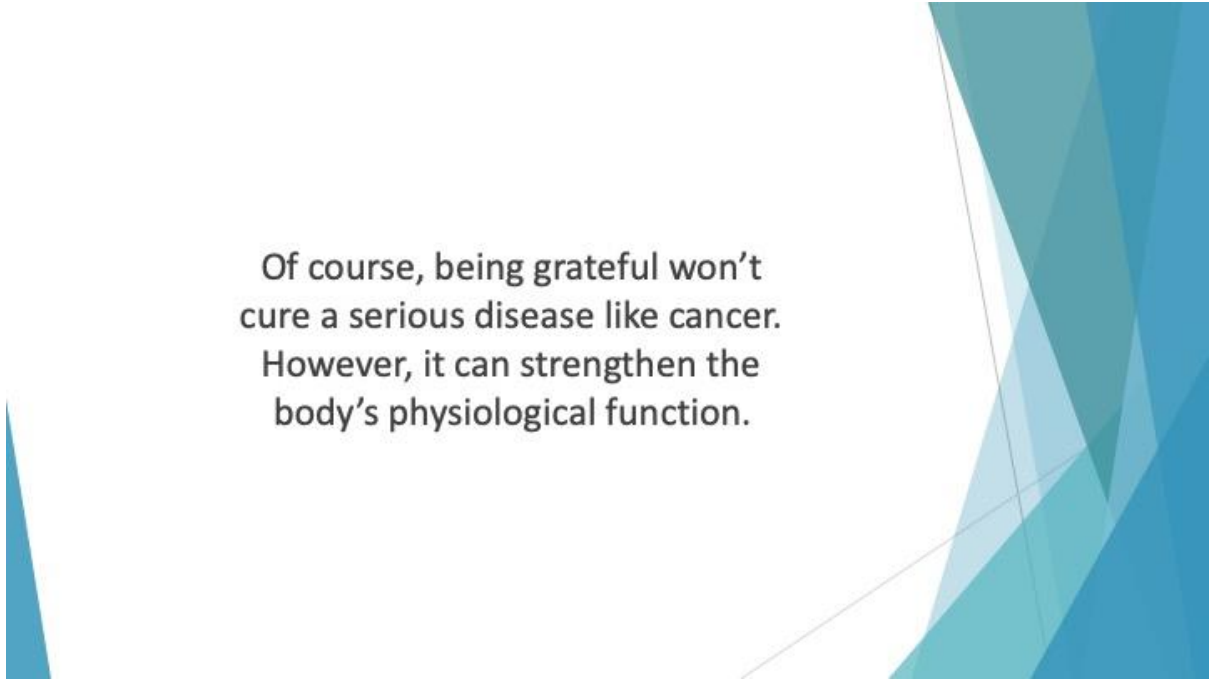
S11 : A Stronger Immune System

Interestingly, studies have shown that practicing gratitude regularly can increase the level of the antibody immunoglobulin A in the body. This is the first line of defense in the body against viruses.



For this reason, it's fair to assume that being more thankful could help you to have a stronger immune system and to recover more rapidly from any illnesses that you do develop.

S12 : For this reason, it's fair to assume that being more thankful could help you to have a stronger immune system and to recover more rapidly from any illnesses that you do develop.




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S13 : Of course, being grateful won't cure a serious disease like cancer. However, it can strengthen the body's physiological function. It does this by reducing stress levels in the body through the activation of the parasympathetic nervous system.

Stress disrupts the healthy functioning of the body by disrupting the immune system.



S14 : Stress disrupts the healthy functioning of the body by disrupting the immune system. Therefore, being more thankful will reduce your stress and, thus, boost your immunity.



Gratitude also raises your self-esteem and motivation, thus encouraging more healthy behaviors such as exercising more and paying more attention to possible health risks.

S15 : Gratitude also raises your self-esteem and motivation, thus encouraging more healthy behaviors such as exercising more and paying more attention to possible health risks. This, too, can help to keep you fit and well in the long-term, with higher resistance to illnesses and with a greater ability to combat any diseases that you encounter.


Less Aches And Pains

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S16 : Less Aches and Pains

Positive emotions like gratitude have been shown in studies to have an analgesic effect in the body. This is achieved by stimulating endogenous opioids to be released.




As a result, those suffering from aches and pains report that they experience fewer problems of this nature when they begin to practice gratitude.

S17 : As a result, those suffering from aches and pains report that they experience fewer problems of this nature when they begin to practice gratitude. They become less sensitive to the sensations of pain that they experience, and they can increase their tolerance to discomfort more effectively.




Lower Blood Pressure



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S18 : Lower Blood Pressure

When we have negative emotions, a chain reaction is triggered in the body. The blood vessels begin to constrict, the blood pressure starts to rise and the immune system, in turn, becomes weaker.




If this kind of imbalance is allowed to continue, a strain is put on the organs and, particularly, the heart, leading in the end to major health problems.

S19 : If this kind of imbalance is allowed to continue, a strain is put on the organs and, particularly, the heart, leading in the end to major health problems. Gratitude has been shown to help reduce negativity and, so, to reduce blood pressure.




Gratitude doesn't just give
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S20 : Gratitude doesn't just give you a heart-warming feeling, it also helps to keep your heart healthy too.



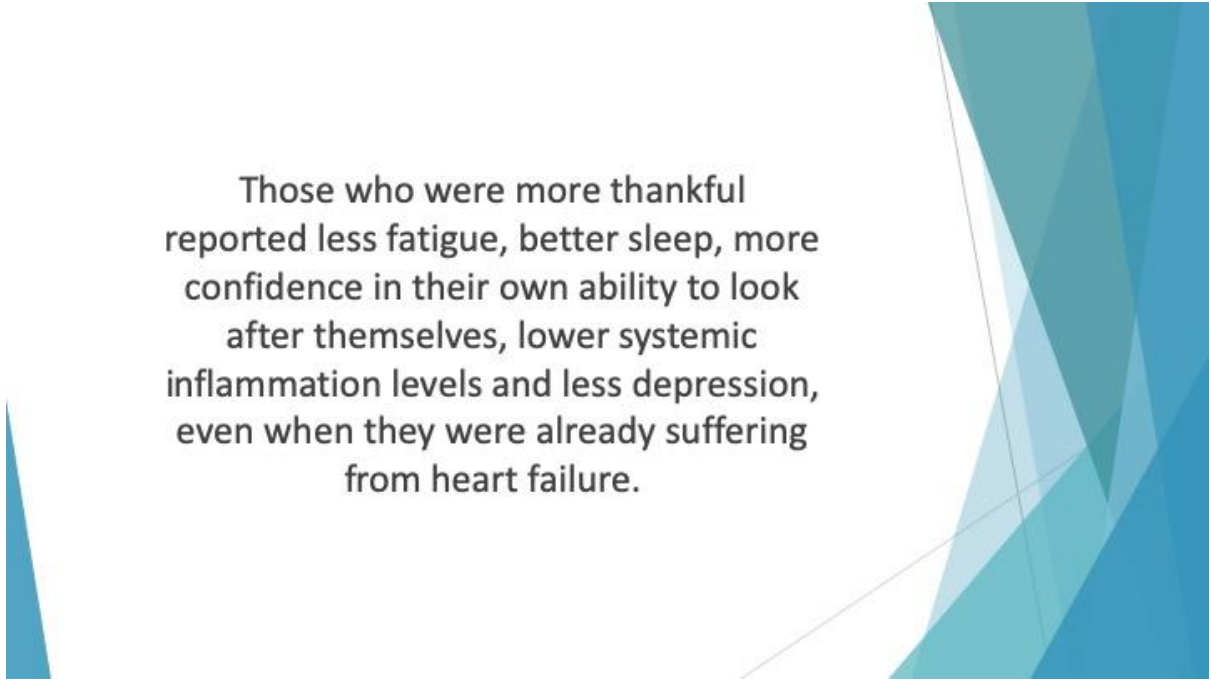
A 1995 study showed that people who felt appreciated had a better heart rate variability which is a strong indicator of heart health.

S21 : A 1995 study showed that people who felt appreciated had a better heart rate variability which is a strong indicator of heart health.

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.

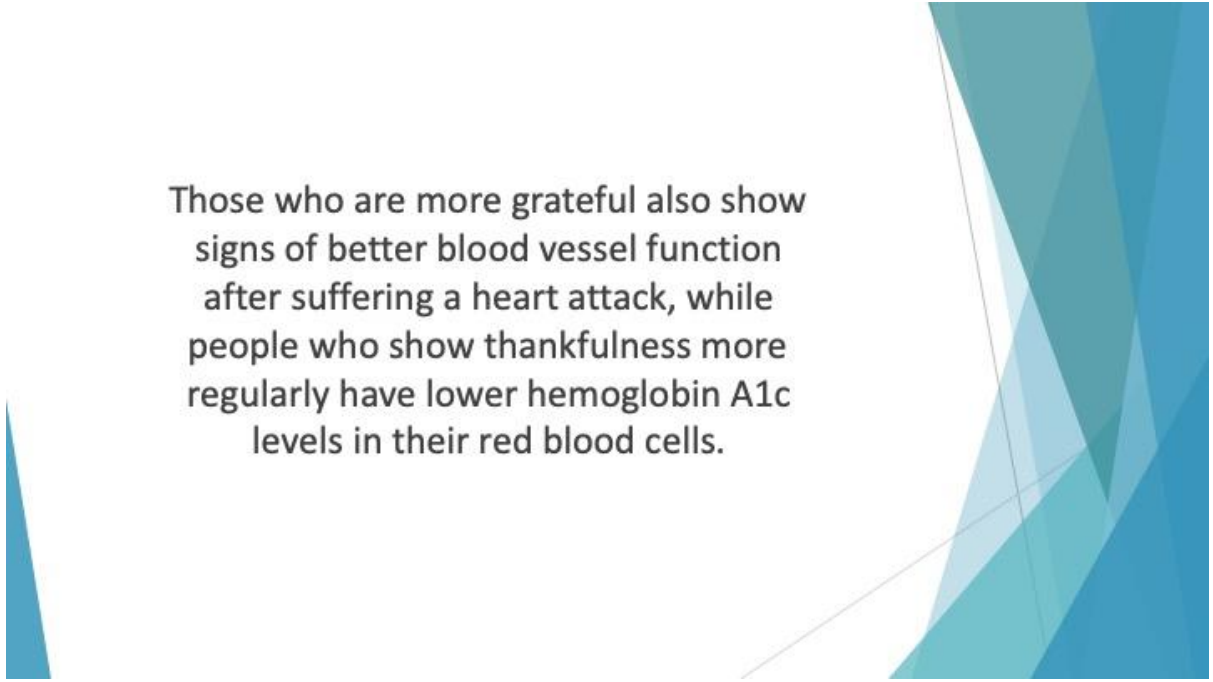
Even people who already
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S22 : Even people who already suffer from heart problems can benefit from practicing gratitude.




Those who were more thankful reported less fatigue, better sleep, more confidence in their own ability to look after themselves, lower systemic inflammation levels and less depression, even when they were already suffering from heart failure.

S23 : Those who were more thankful reported less fatigue, better sleep, more confidence in their own ability to look after themselves, lower systemic inflammation levels and less depression, even when they were already suffering from heart failure.

The background features abstract, overlapping geometric shapes in various shades of blue and teal, creating a modern, layered effect. The shapes are primarily triangles and polygons, some with thin white outlines, set against a white background.

Those who are more grateful also show signs of better blood vessel function after suffering a heart attack, while people who show thankfulness more regularly have lower hemoglobin A1c levels in their red blood cells.

S24 : Those who are more grateful also show signs of better blood vessel function after suffering a heart attack, while people who show thankfulness more regularly have lower hemoglobin A1c levels in their red blood cells.



Since these levels are linked to a higher risk of heart failure, it's clear that gratitude can have a positive effect in improving overall wellness.

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