

Words of Wellness

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GRATITUDE

by Sandra Lavigne, Chris Platis, and Eileen Anderson

Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom.
- Marcel Proust

Why Practice Gratitude?

- Gratitude brings us happiness. On the flip side, gratitude also reduces anxiety and depression.
- Gratitude is good for our bodies. It strengthens the immune system, lowers blood pressure, reduces symptoms of illness, and makes us less bothered by aches and pains. It also encourages us to exercise more and take better care of our health.
- Grateful people sleep better
- Gratitude makes us more resilient
- Gratitude strengthens relationships: It makes us feel closer and more committed to friends and romantic partners. When partners feel and express gratitude for each other, they each become more satisfied with their relationship. Gratitude may also encourage a more equitable division of labor between partners.
- Gratitude promotes forgiveness—even between ex-spouses after a divorce.
- Gratitude makes us “pay it forward”: Grateful people are more helpful, altruistic, and compassionate.
- Gratitude is good for kids: When 10-19 year olds practice gratitude, they report greater life satisfaction and more positive emotion, and they feel more connected to their community.
- Gratitude is good for schools: Studies suggest it makes students feel better about their school; it also makes teachers feel more satisfied and accomplished, and less emotionally exhausted, possibly reducing teacher burnout.

http://greatergood.berkeley.edu/topic/gratitude/definition#what_is

The patient shook his doctor's hand in gratitude and said, "Since we are the best of friends, I would not want to insult you by offering payment. But I would like for you to know that I have mentioned you in my will."

"That is very kind of you," said the doctor emotionally, and then added, "May I see that prescription I just gave you? I'd like to make a little change..."

<http://www.goodreads.com/quotes/tag/gratitude>



Tasty Turkey Burger

- 1 lb ground turkey
- 1/2 cup dry bread crumbs (I use whole wheat)
- 3 tablespoons onions, minced
- 2 tablespoons ketchup
- 1 tablespoon lemon juice
- 1 teaspoon Worcestershire sauce
- 1 teaspoon soy sauce
- 1/4 teaspoon paprika
- 2 garlic cloves, minced
- 1/4 teaspoon liquid red pepper seasoning (optional)
- black pepper, to taste
- 6 hamburger buns, to serve



Directions:

1. Combine all ingredients in large bowl. Shape into 6 patties.
 2. Pan-fry, broil, or grill until lightly browned and cooked through, about 5 minutes per side.
 3. Serve in hamburger buns with desired toppings.
- <http://www.food.com/recipe/tasty-turkey-burgers-20731>

Websites

www.goodreads.com – Popular Gratitude Books

www.oprah.com/oprahbookclub/Instructions-on-gratitude

www.sheknows.com/parenting/articles/963660/best-books-on-gratitude