



## **Wednesday's Wisdom**

a weekly short note from *Mike Minear*

### **Gratitude is an Attitude**

Mayo Clinic

You likely say "thank you" several times a day - to the barista pouring your coffee, to the co-worker holding the elevator door, to the cashier handing you a receipt. But what does it mean to be truly thankful - to live a life of gratitude? Gratitude is an attitude - a sense of appreciation for the gifts in your life, from the basic comforts of home to the people who are important to you.

Research shows that practicing gratitude can make you happier and healthier - emotionally and physically. This happens in part because thankful people tend to take better care of themselves - exercising regularly, eating a healthy diet and seeking regular medical care. Expressing thankfulness also builds positive feelings - supplied, in part, by oxytocin, a hormone that prompts feelings of goodwill, empathy and kindness.

In addition, one large study suggests that the positive personal attributes linked to expressing gratitude may actually help prevent heart disease.

If practicing gratitude doesn't come naturally to you, start by calling a

friend to express appreciation for your friendship, writing a short thank-you note or taking a few minutes each night to reflect on the gifts in your life. Research shows that changing your behavior in this way can change your attitude and feelings.

Conclusion: It seems likely that our creator has made us to be grateful beings and if we practice it daily, including returning gratitude to Him we will derive many physical benefits. mm

## **LINKS**

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[minear1@gmail.com](mailto:minear1@gmail.com)

**Put "No thanks in subject line**

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