



Office of Career and
Professional Development
Student Academic Affairs

Cultivating an Attitude of Appreciation and Gratitude

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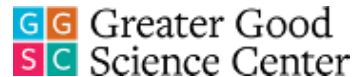
Learning Objectives

- Define gratitude
- Identify the benefits of cultivating a practice of gratitude for healthcare providers and patients
- Apply gratitude practices including writing a letter of appreciation and gratitude

Acknowledgments

Slides Adapted from the “Why Gratitude Matters in Health Care”
Presentation by the Greater Good Science Center at UC
Berkeley

ggsc.berkeley.edu



Definition of Gratitude

What is Gratitude?

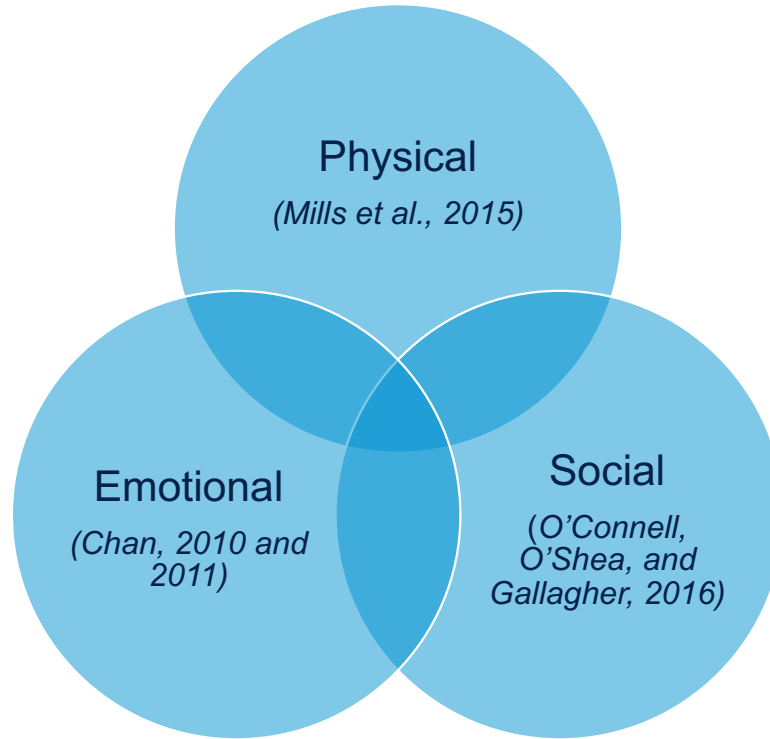
- A recognition that...
 - There's goodness in our lives, gifts or benefits that we enjoy (and might often take for granted).
 - This goodness is often due to the actions of another person.
(Emmons, 2003 and 2007)

Gratitude in the Workplace

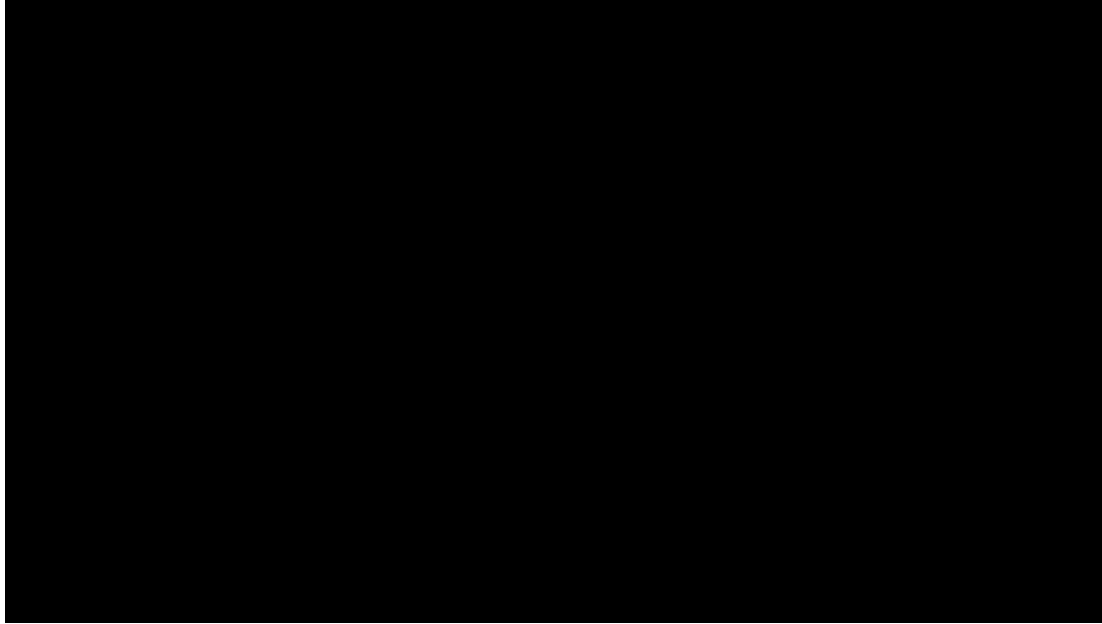
- Surveys show that:
 - According to the U.S. Department of Labor, the number one reason why people leave their jobs is because they don't feel appreciated.
 - In general, "Thank you" from a supervisor boosts self-worth and self-efficacy. 71% would feel better about themselves if a boss expressed gratitude and 81% would work harder.
 - 88% say that expressing gratitude to colleagues "makes me feel happier and more fulfilled."

Benefits of Gratitude

Benefits of Gratitude



How Can Gratitude Help Us?



https://greatergood.berkeley.edu/video/item/why_gratitude_works1

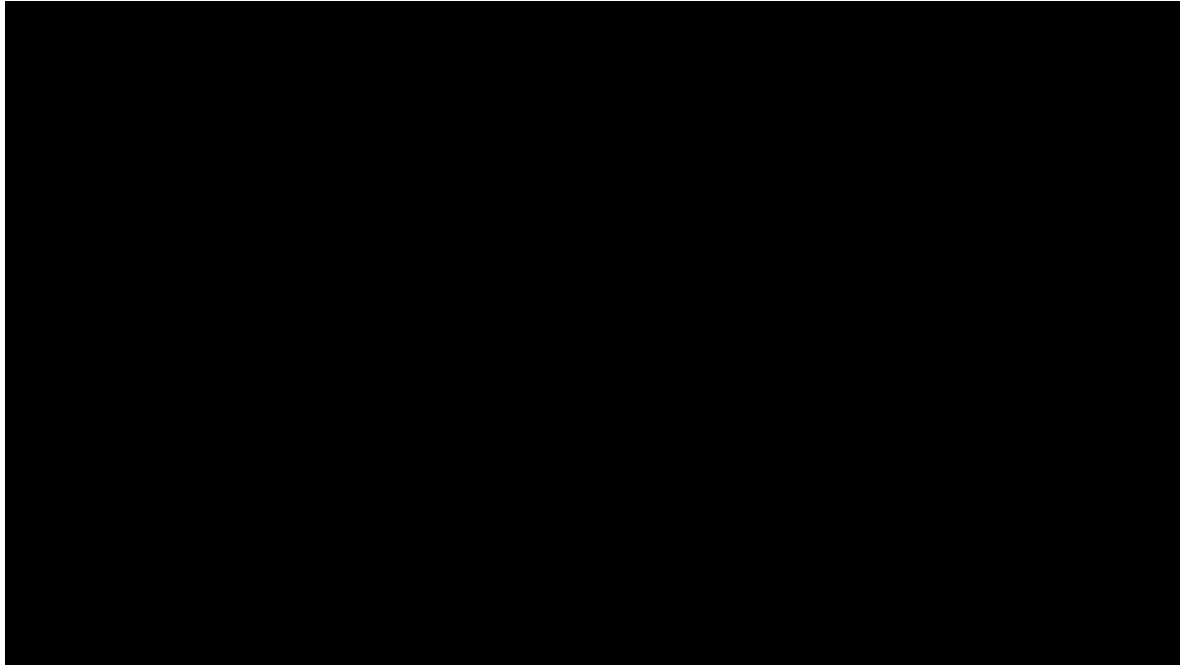
Barriers to Gratitude

Barriers to Gratitude

Negativity Bias

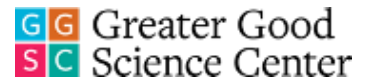
Comparison

Adaptation



[Mike Robbins Ted Talk “The Power of Appreciation”](https://www.ted.com/talks/mike_robbins_the_power_of_appreciation)

https://www.ted.com/talks/mike_robbins_the_power_of_appreciation



Gratitude Practices

Gratitude Journals

- Write up to 5 things for which you feel grateful.

Tips:

- ❖ Be as specific as possible
- ❖ Get personal
- ❖ Revise if you repeat

Gratitude Journals: Evidence that it Works!

Study by Cheng, Tsui and Lam (2015):

Health care providers were divided into groups:

- Group 1: Wrote down the things they were grateful for at work
- Group 2: Wrote down the things that bothered them at work
- Group 3: No writing activity

Results:

- Healthcare providers in the gratitude group reported reductions in perceived stress (28%) and depression (16%).

Gratitude Meditation

Guided meditation practice to promote a sense of gratitude.

Reflect on:

- Things we have today that make our lives easier and more comfortable
- Family, friends, colleagues, and peers, who support us
- The thousands of people who have worked hard, some without knowing you at all, to make our life more pleasant

Gratitude Meditation: Evidence that it Works!

Study by Rao and Kemper (2017):

Health professionals participated in gratitude-focused training module.

Results:

Training was associated with statistically significant improvements in gratitude.

Gratitude Letters

Write a letter to someone who did something for you for which you are extremely grateful.

Tips:

- Pick someone who is still alive
- Be as specific as possible
- Present this letter to the recipient

Gratitude Letters: Evidence that it Works!

Study by Wong, Owen, Gabana and Gilman (2015):

Adults and college students receiving mental health counseling (for depression/anxiety) were given these additional therapies:

- Group 1: Write 1 letter of gratitude to another person weekly for 3 weeks
- Group 2: Write about their deepest thoughts and feelings about stressful experiences
- Group 3: No writing activity

Results:

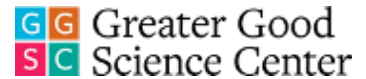
Group 1 reported significantly better mental health than the other groups 1 month after the writing exercise ended, then again 3 months after.

Power of Expressing Gratitude



[Mike Robbins Ted Talk “The Power of Appreciation”](https://www.ted.com/talks/mike_robbins_the_power_of_appreciation)

https://www.ted.com/talks/mike_robbins_the_power_of_appreciation



Gratitude Exercises

Your Turn: Gratitude Exercises

- Mental Subtraction of Positive Events
- Share Who You Are Grateful For and Why

Want to Practice More Gratitude?

Try These! At: ggia.berkeley.edu



Greater Good in Action
Science-based Practices for a Meaningful Life



CASUAL



Frequency: 1x/week | Duration: 10 mins

Gratitude Journal

Count your blessings and enjoy better health and happiness.



MODERATE



Frequency: Variable | Duration: 30 mins

Gratitude Letter

Write a letter expressing thanks, and deliver it in person.



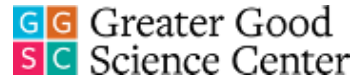
CASUAL



Frequency: 1x/day | Duration: 10 mins

Gratitude Meditation

Feel grateful as you reflect on all the gifts in your life.



**Greater Good
Science Center**

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Thank you!

For more great resources visit: greatergood.berkeley.edu

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career.ucsf.edu