How GRATITUDE Supports HEALTH

Research has found that gratitude is good for our bodies, our minds, and our relationships.

**SOCIAL**
- More forgiving
- More outgoing
- Feel less lonely and isolated
- More helpful, generous, and compassionate
- More willingly supported by others

**PHYSICAL**
- Stronger immune systems
- Less bothered by aches and pains
- Lower blood pressure
- Lower risk of heart attacks
- Take better care of their health
- Sleep longer and better

**PSYCHOLOGICAL**
- Higher levels of positive emotions
- More alert, alive, and awake
- More joy and pleasure
- More optimism and happiness
- More resilient to stress

Greater Good Science Center