

HEALTHY MIND PSYCHOLOGY UK

GUIDED GRATITUDE



CULTIVATE JOY WITH THESE FREE
GRATITUDE PROMPTS

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WHAT IS THE LINK BETWEEN GRATITUDE AND JOY?

In today's society, it can be easy to get caught up in feelings of 'I'll be happy when ...', telling ourselves:

- I'll be happy when I land that promotion
- I'll be happy when I settle down and have kids
- I'll be happy when I have more money

This often leads us into a cycle of unhappiness, constantly striving for the 'next thing' that's supposedly going to bring us joy. One practice, that's been found to help us escape those 'stuck' feelings, and move to a place of feeling more contented in the moment, is expressing gratitude.

Regular gratitude practice has also been suggested as a way to raise our baseline levels of happiness ... so that we can feel more contented overall, even when situational happiness 'wears off'!



WHAT ARE THE BENEFITS OF EXPRESSING GRATITUDE?

According to UCLA Health, research “shows that practicing gratitude — 15 minutes a day, five days a week — for at least six weeks can enhance mental wellness and possibly promote a lasting change in perspective. Gratitude and its mental health benefits can also positively affect physical health.”

Prioritising gratitude has been linked to:

- Reduced levels of depression
- Better coping with negative thoughts and anxiety
- Reduced risk of heart disease (through the benefits of better sleep, diet and exercise).
- Fewer stress symptoms
- Better sleep quality and duration
- Improved relationships



HOW TO USE THIS GRATITUDE GUIDE

Your Gratitude Prompts

In this guide, you'll find seven gratitude prompts that will provide you with a starting point to reflect on the things you appreciate in your everyday life.

Follow these steps to make the most out of these prompts:

Make time

Begin by setting aside dedicated time each day or week to engage with your gratitude journal. Find a quiet and comfortable space where you can focus without distractions.

Find your focus

Choose a prompt that resonates with you the most. Read the prompt carefully and take a moment to reflect on what it means to you.

Ground yourself

Once you've chosen a prompt, write it down at the top of a fresh page. Take a few deep breaths to center yourself and create a mindset of openness and receptivity.

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Write freely

Allow yourself to free-write in response to the prompt. There are no right or wrong answers—simply let your thoughts flow onto the page without judgement or self-censorship.

Explore

As you write, be specific and detailed in your reflections. Explore your thoughts, feelings, and experiences related to the prompt, and consider how they have influenced your life.

Express gratitude

Express genuine gratitude for the insights and discoveries that arise during your writing session. Embrace the opportunity to cultivate a deeper sense of appreciation for the richness of your life.

Take a moment

After you've finished writing, take a moment to review what you've written and reflect on any insights or revelations that have emerged. Consider how you can carry these feelings of gratitude into your daily life.

GRATITUDE PROMPTS

ask yourself...

Write about a time when something didn't go as planned but ended up being a blessing in disguise. What did you learn from the experience, and what unexpected positive outcomes emerged?

Reflect on a mundane aspect of your daily routine that you often take for granted (e.g., your morning cup of coffee, the sound of birds chirping outside your window). How does this seemingly ordinary thing contribute to your well-being or bring a sense of comfort to your life?

Consider a challenge or obstacle you're currently facing. Instead of dwelling on the difficulty, express gratitude for the opportunity it presents for growth and resilience. How might this challenge ultimately shape you into a stronger person?

Think about a person in your life whom you've never properly thanked for their impact on you, whether big or small. Write them a letter expressing your gratitude and appreciation for their presence in your life.

Take a moment to appreciate your body and all the incredible things it allows you to do. Write down three things your body enables you to experience or accomplish that you're grateful for, no matter how small or seemingly insignificant.

Consider the natural world around you and express gratitude for a specific element of nature that brings you joy or peace. It could be a favorite tree, a nearby park, or the changing seasons.

Call to mind a simple pleasure or indulgence that brings you joy, whether it's a guilty pleasure TV show, a favorite dessert, or a leisurely bubble bath. Take a moment to savor the experience and express gratitude for the little moments of happiness in your life.

REFERENCES

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