

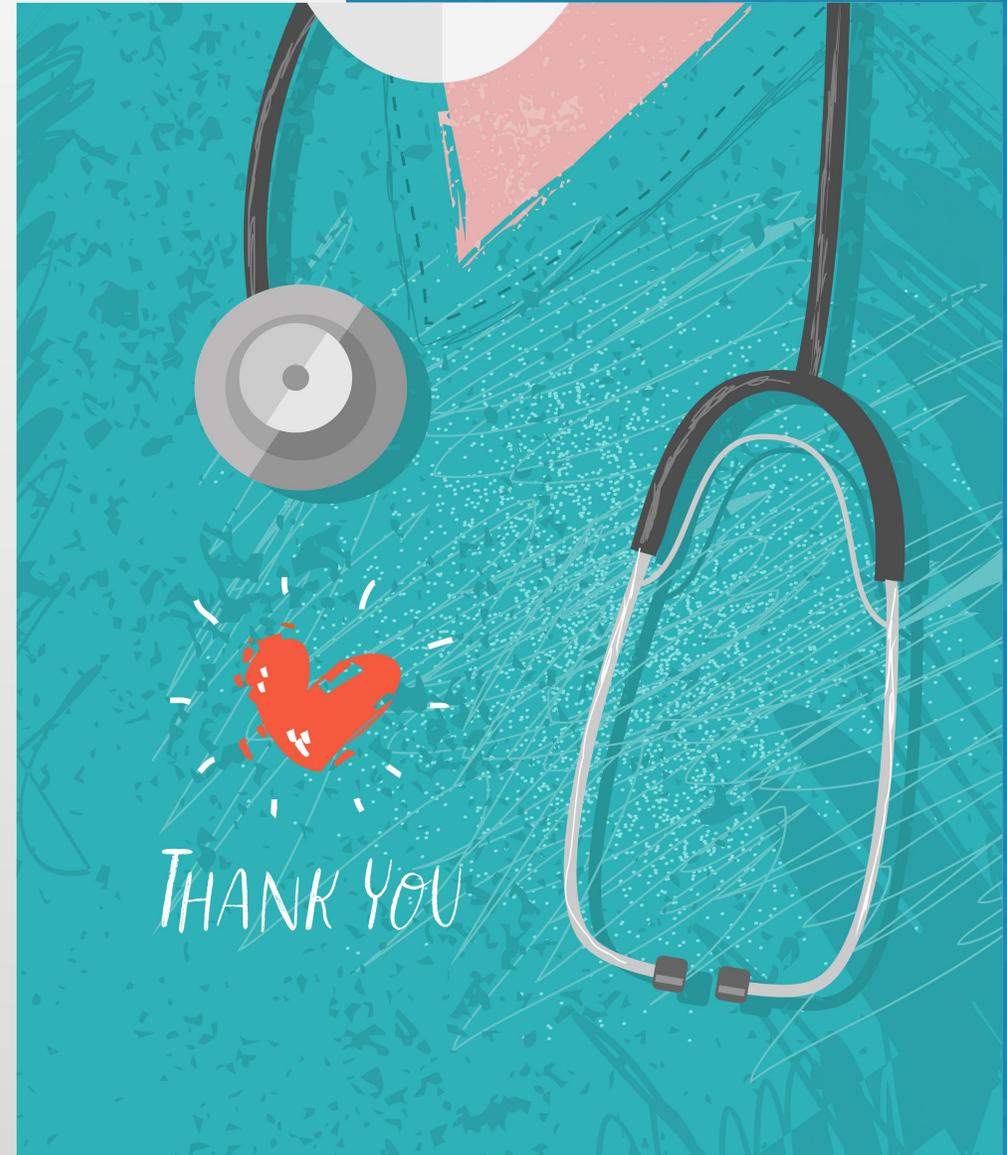
GRATITUDE

The Path to Resilience,
Wellbeing and Joy

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Iowa Hospital Association

Downloads: <http://bit.ly/iha-gratitude>



Workshop Objectives

Discuss	Discuss the research supporting the impact of gratitude on health care professionals
Summarize	Summarize four gratitude practices designed to boost resilience and wellbeing
Prepare	Prepare a strategy to integrate daily gratitude practice into everyday life
Contrast	Contrast gratitude versus entitlement and their impact on leadership effectiveness

Impact of Gratitude on Health Care Professionals

- The relationship between a disposition of gratitude, clinical stress, and clinical satisfaction in nursing students (Moon, 2020)
- Gratitude between patients and their families and health professionals: A scoping review (Aparicio, 2019)
- Thank you letters from patients in an intensive care unit: From the expression of gratitude to an applied ethic of care (Herbland, 2017)
- A worksite wellness intervention: improving happiness, life satisfaction, and gratitude in health care workers (Berkland, 2017)
- Online training in specific meditation practices improves gratitude, well-being, self-compassion, and confidence in providing compassionate care among health professionals (Rao, 2016)



health

Improves Sleep (Which Lowers Anxiety)

Improves Depression

Less Physical Pain

Decreased Inflammation

Cardiovascular Health

Lower Blood Pressure

work

More Productive
Leadership
More Approachable
More Attentive
Work Satisfaction

relationships

“Gratitude is the most passionate transformative force in the cosmos. When we offer thanks to god or to another human being, gratitude gifts us with renewal, reflection, reconnection.”

SARAH BAN BREATHNACH
SIMPLE ABUNDANCE: A DAYBOOK OF COMFORT AND JOY

Gratitude Letter

- **Gratitude Letter to Yourself:**
 - What you did, how it made you feel, and the benefits you received.
 - Why this action is important to you.
- **Gratitude Letter to Another Person**
 - What they did, how it made you feel, and the benefits you received.
 - What this says about their character and how it benefits the relationship.

Improves emotional exhaustion, happiness, work/life balance

Gratitude at Work: Prospective Cohort Study of a Web-Based, Single-Exposure Well-Being Intervention for Health Care Workers (Adair, 2020)





Taking In The Good

1. At least 6 times a day, look for small, positive experiences and allow yourself to enjoy them
2. Really enjoy the experience for 20 to 30 seconds with all of your senses
3. Allow the good experience to sink into you with the intention that it is benefiting you

“Turns transient positive experiences into long-lasting neural structures”

Hardwiring happiness: The new brain science of contentment, calm, and confidence (Hanson, 2016)

Daily Gratitude Journal

Daily Prompts

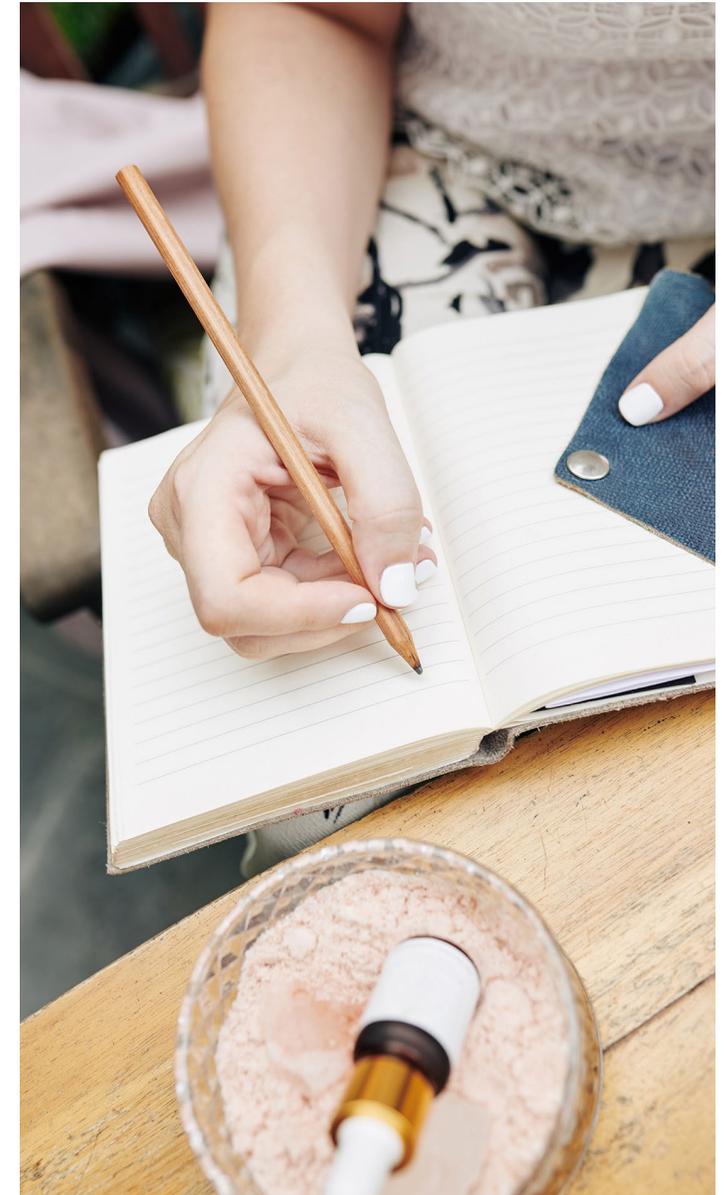
- My intention for today
- Today I feel
- Today I am grateful for
- Today I savored
- Today I learned

Weekly Integration

- This week my body felt:
- This week my mind felt:
- This week my heart felt:
- This week I learned:
- My intention for next week is:

download template at
<http://bit.ly/iha-gratitude>

AWAKEN DAILY GRATITUDE WORKSHEET			
FRIDAY	SATURDAY	SUNDAY	WEEKLY INTEGRATION
MY INTENTION FOR TODAY:	MY INTENTION FOR TODAY:	MY INTENTION FOR TODAY:	THIS WEEK MY BODY FELT:
TODAY I FEEL:	TODAY I FEEL:	TODAY I FEEL:	THIS WEEK MY MIND FELT:
TODAY I AM GRATEFUL FOR:	TODAY I AM GRATEFUL FOR:	TODAY I AM GRATEFUL FOR:	THIS WEEK MY HEART FELT:
TODAY I SAVORED:	TODAY I SAVORED:	TODAY I SAVORED:	THIS WEEK I LEARNED:
TODAY I LEARNED:	TODAY I LEARNED:	TODAY I LEARNED:	MY INTENTION FOR NEXT WEEK IS:





Gratitude Meditation

1. Set Your Intention
2. Consciously Soften Your Body
3. Notice Your Breath
4. Express Gratitude For:
 - Another being
 - Yourself
 - A Physical Object
 - A Situation/Ability
 - This Moment
5. Bask In The Sensation of Gratitude
6. Carry Gratitude Into Your Day

"I am grateful for ____
and receive it with an
open heart. May the
joy I feel benefit
everyone around me."



Strategies For Daily Gratitude Practice

- Surround Yourself With Physical Reminders
- Schedule & Commit In Your Calendar
- Do Things You Love Regularly
- Build Gratitude Into Your Workday
- Have a Gratitude Buddy
- Consume Positive Media

leadership

“Feeling entitled is the opposite of feeling grateful. Gratitude opens the heart, entitlement closes it.”

PAUL GIBBONS

REBOOT YOUR LIFE: A 12-DAY PROGRAM FOR ENDING STRESS, REALIZING YOUR GOALS, AND BEING MORE PRODUCTIVE

G r a t i t u d e
c h a n g e s
e v e r y t h i n g

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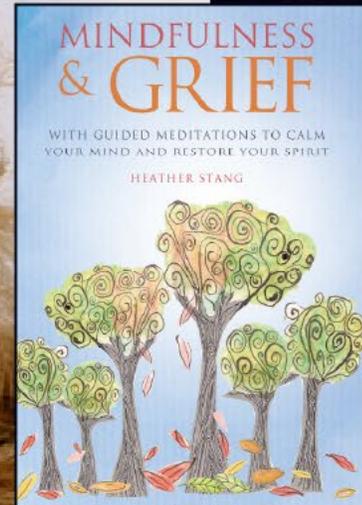


MINDFULNESS
& GRIEF
INSTITUTE



AWAKEN
meditation for grief & online support

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