

The Southland Gratitude Room on Zoom

The second and fourth Monday of each month at 3:00 p.m.

All are welcome to the Southland Gratitude Room on Zoom. We gather virtually each month to:

Learn about the benefits of gratitude (there are many!)

Support one another and pray together

Share creative and fun ideas on how to live a more grateful life

Enjoy one-on-one conversations and group discussions on a range of topics, such as:

- the meaning of gratitude
- how to create sacred spaces for quiet time or meditation
- the power of living of grateful life

Each Gratitude Room session includes a time of centering/meditation and an opportunity to explore what our sacred texts say about gratitude and living a more grateful life.



Did you know?

Living a more grateful life has many health benefits, including improved sleep quality, decreased blood pressure, increased energy levels and reduced stress and depressive symptoms.



Join the Gratitude Room with this code or link:

[https://zoom.us/j/97178690698?
pwd=YjkvcUtgQXlSVml2eXU2bUhsYlZaQT09](https://zoom.us/j/97178690698?pwd=YjkvcUtgQXlSVml2eXU2bUhsYlZaQT09)

Questions? Contact Patricia Jackson at 773-754-6771 or Patricia.Jackson@aah.org

WHAT GOOD IS GRATITUDE?

REASONS WHY IT'S BETTER TO LIVE GRATEFULLY

CHARITY



GRATEFUL PEOPLE ON AVERAGE GIVE 20% MORE  **& \$**

PSYCHOLOGICAL

GRATITUDE IS RELATED TO AGE: FOR EVERY 10 YEARS, GRATITUDE INCREASES



BY 5%

COMMUNITY



GRATEFUL PEOPLE WILL HAVE A STRONGER BOND WITH THE LOCAL COMMUNITY

HEALTH



GRATEFUL PEOPLE WILL HAVE 10% FEWER STRESS RELATED ILLNESSES BE MORE PHYSICALLY FIT HAVE BLOOD PRESSURE THAT IS LOWER BY 12%

WORK

HAPPY PEOPLE'S INCOME IS ROUGHLY



FRIENDS

MORE SATISFYING RELATIONSHIPS WITH OTHERS, AND WILL BE BETTER LIKED



YOUTH



13% FEWER FIGHTS

20% MORE LIKELY TO GET A GRADES

WHERE?



THE MOST GRATEFUL COUNTRIES ARE: S. AFRICA, UAE, PHILIPPINES & INDIA

LEAST: NETHERLANDS, DENMARK, HUNGARY, CZECH REPUBLIC & UK

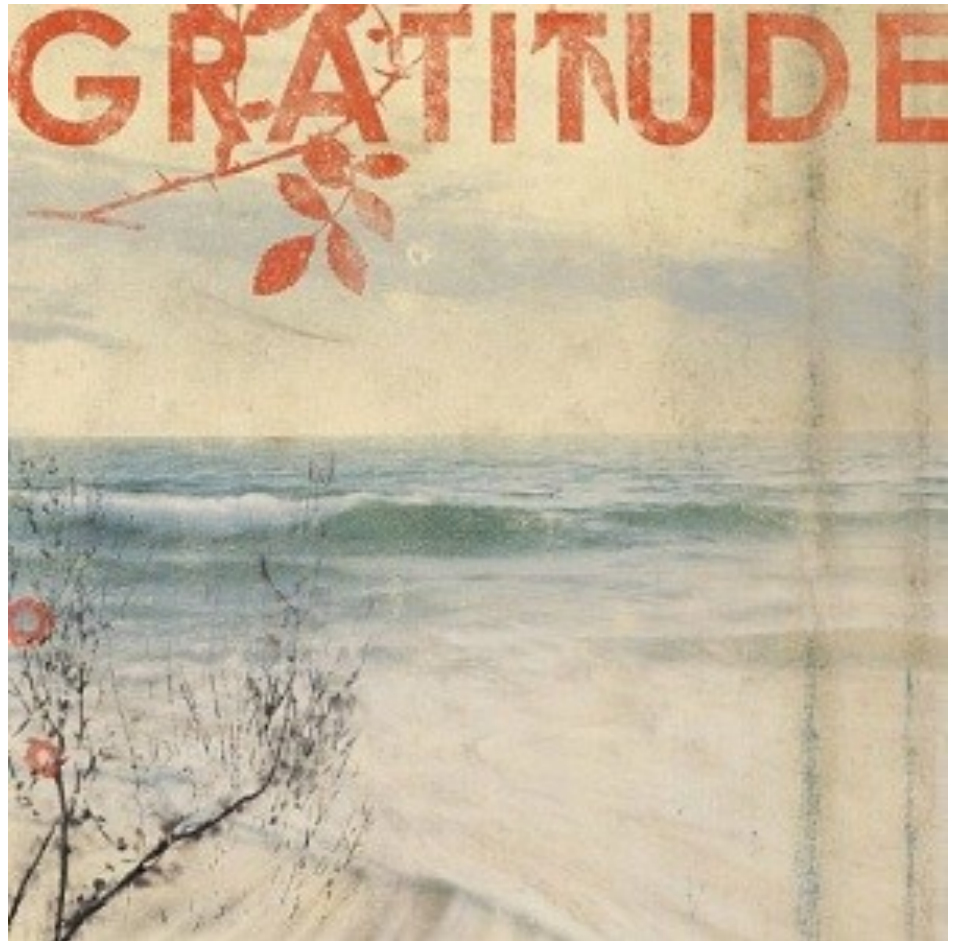
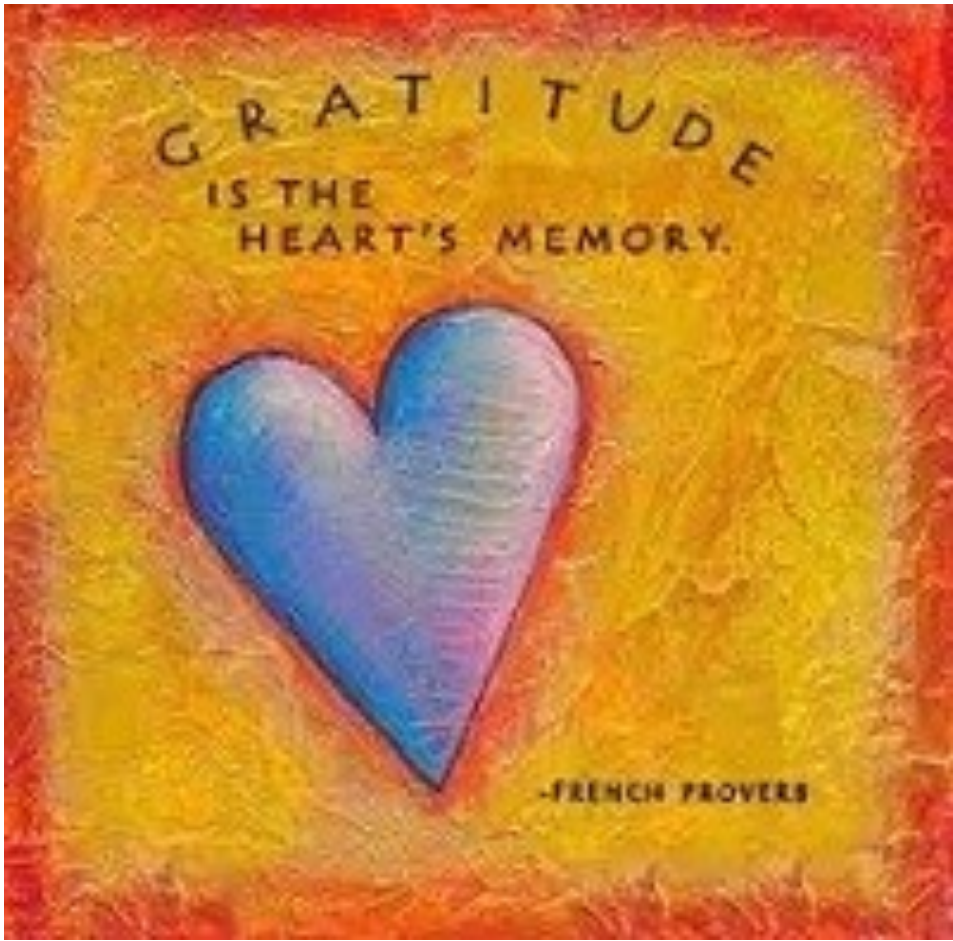
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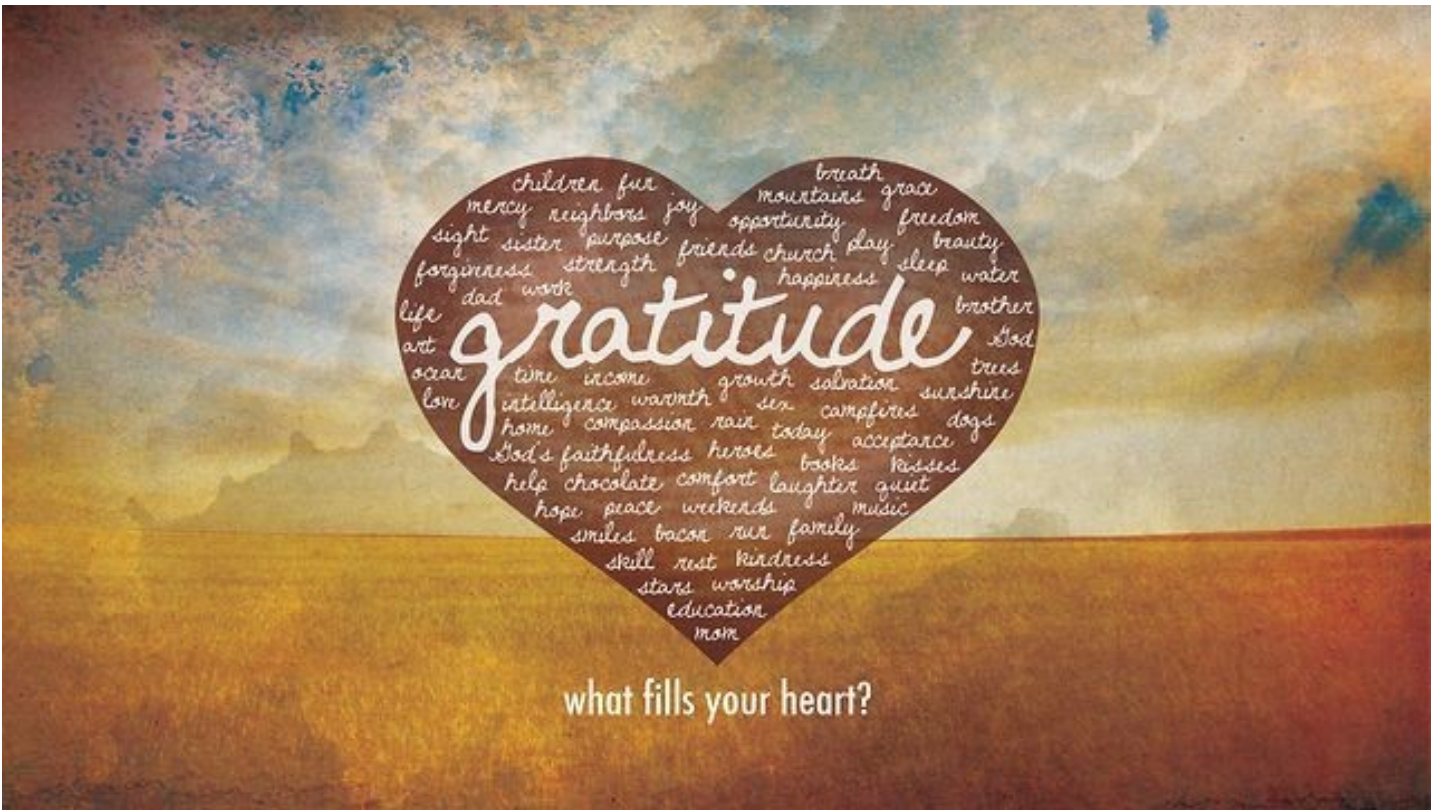


OVERALL POSITIVE EMOTIONS CAN ADD UP TO 7 YEARS TO YOUR LIFE

GRATEFUL TEENS ARE 10X LESS LIKELY TO START SMOKING

SOURCES: 1. CHARITY: GIVING WITH GRATITUDE. 2. PSYCHOLOGICAL: GRATITUDE AND WELL-BEING. 3. COMMUNITY: GRATITUDE AND COMMUNITY. 4. HEALTH: GRATITUDE AND HEALTH. 5. WORK: GRATITUDE AND INCOME. 6. FRIENDS: GRATITUDE AND RELATIONSHIPS. 7. YOUTH: GRATITUDE AND BEHAVIOR. 8. WHERE?: GRATITUDE AND CULTURE. 9. LIFE: GRATITUDE AND LONGEVITY.





HEALTH BENEFITS OF GRATITUDE

1. IMPROVES SLEEP QUALITY



2. DECREASES BLOOD PRESSURE IN THOSE WITH HYPERTENSION



3. INCREASES YOUR ENERGY LEVELS

4. REDUCES STRESS AND DEPRESSIVE SYMPTOMS



5. HELPS YOU LIVE LONGER

HOW TO SHOW GRATITUDE

1. GIVE OUT COMPLIMENTS



2. MAKE A LIST OF THINGS YOU ARE GRATEFUL FOR



3. VOLUNTEER IN YOUR COMMUNITY

4. DO SMALL RANDOM ACTS OF KINDNESS

5. SMILE!



SOURCES: <http://happierhuman.com/research-review-the-value-of-positive-psychology-for-health-psychology-progress-and-pitfalls-in-examining-the-relation-of-positive-phenomena-to-health/> | <http://time.com/5026174/health-benefits-of-gratitude/> | <http://abcnews.go.com/Lifestyle/thanksgiving-tradition-gratitude-good-health-research/story?id=51113064>

TOPLINEMD
HEALTH ALLIANCE

