



## **Thankfulness is Good for Mental Health!**

by Teresa Drelicharz, LIMHP

As we approach Thanksgiving Day 2020, many people may be wondering, "what's to be thankful for, it's been a devastating year!" Although we may not be in the mood for gratitude, research shows that focusing on what we're thankful for, especially in trying times, is quite beneficial to our mental health, and our physical health. How does gratitude help? According to "Nationwide Children's", a Blog by Pediatric Experts, showing gratitude has the following mental health benefits:

**Expressing gratitude can improve your mood.** People who regularly express gratitude for the positive things in their life are shown to be happier overall, leading to lower rates of stress and depression.

**Showing gratitude can make you more optimistic.** Studies show that those who express gratitude regularly appear to have a more positive outlook on life.

**Sharing gratitude can improve social bonds.** People have reported feeling more loved and more connected to others in their lives when they routinely practice gratitude or those around them practice gratitude.

**Practicing gratitude can improve your physical health.** People who actively express gratitude tend to be more engaged in activities to take care of their physical health, like eating well and exercising. This leads to higher energy levels, better sleep and a stronger immune system, or the ability to fight off illness or infection.

What a great time, in a year that has been "challenging" to say the least, to truly give thanks for what we do have, and to model that gratitude for our children and others around us. Jewish Family Service would like to say Thank you to the community for the ongoing support you give, and to wish you all a very ***Happy Thanksgiving.***