

## Benefits of practising gratitude

Neha Kaushik

Amity University, India

The world is going through a lot right now. We need positivity but at this time, most people are unable to think positively. In this situation, we can practice gratitude to shift our focus from negative to positive, which means we can make conscious efforts to count our blessings. We can make conscious efforts to remind ourselves that we are blessed.

The most ideal approach to practice gratitude is to see new things you're thankful for consistently. Gratitude journaling works since it gradually changes the manner in which we see circumstances by changing what we focus on.

There are many ways that we can help us to cultivate attitude of gratitude. It includes gratitude journaling, writing letters to people, gratitude jar etc. Researches present that practicing gratitude can help us in many areas including better sleep, increases mindfulness, reduces stress and anxiety of an individual, improves physical and mental health. This study offers useful insights into the benefits of gratitude.

Practicing gratitude allows people to experience positive emotions, reduces the anxiety, and improves sleep

quality and quality of life of an individual. Practices like gratitude journaling, Thank you letters to others, gratitude affirmations.

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### Biography

Neha Kaushik is a Consultant Psychologist at Webicoun. Also, working as a career counselor with Nirmaan Organization Ngo. She is currently volunteering for Ummeed mental health psychosocial support helpline in association with Save the Children and Rajasthan state Commission for Protection of Child rights (RCPCR). She has completed Masters and Bachelor's in clinical psychology at Amity Institute of psychology and allied sciences, Amity university. Batch 2016-2020. She has done internships at various places including government and private hospitals. She has done two secondary research and primary research on "Spirituality, Self-confidence and self-compassion among young adults."

nehakaushik1603@gmail.com