

WEEKLY WELLNESS

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GRATITUDE

This week is all about *gratitude!*

According to research, practicing gratitude hosts a number of physical, psychological and social benefits.

Gratitude goes beyond just saying “thanks” when someone else does something for you. Rather than being dependent on circumstances, gratitude is an orientation towards life that we can all take.

Psychologist Dr. Robert Emmons defines gratitude as being made up of two components:

Affirmation;

affirming there are good things in life

Recognition;

recognize that the good is sourced outside of us

If you are not grateful, then you are taking things for granted. Gratitude encourages you to notice and appreciate the beauty of life.

Through this lens, you will feel such an influx of positivity that negative situations bear little impact on your well-being.

QUOTE OF THE WEEK

“Gratitude is not achieved, it is received”

EXPLORE

Listen to [this podcast](#) where Dr. Robert Emmons speaks about the benefits of gratitude, especially in the workplace where feelings of stress can take dominance.

Go on a short 30-minute walk while listening to the podcast. Being outside allows you to take in the vastness of the world, whether it be buildings or nature, and in turn, elicit a state of awe (which has been [linked to happiness](#))

PRACTICE

Write down three good things, of which you are grateful for.

Remember, you do not have to wait for something to happen to feel gratitude; gratitude is unconditional. There is a wealth of greatness within your life- from people you know, to the food on your table to the hardships that present growth opportunities.

By reflecting on the good things, you are inviting a flow of positive emotions, where negativity has no gate of entry.

Tip: Engage in this practice upon waking or just before going to bed, to start or end your day with a full heart.