



NAVY & MARINE CORPS PUBLIC HEALTH CENTER

HEALTH PROMOTION & WELLNESS DEPARTMENT

620 John Paul Jones Circle #1100, Portsmouth, VA 23708-2103

Phone: 757-953-0714, 2103

<http://www.nmcphc.med.navy.mil/WII/>

Giving Thanks

“Count your blessings and give thanks” - things that you’ve likely heard from your family over the years are really good for you! Psychologists have found that gratitude is not only a positive feeling but also a quite strong and rewarding emotion. Gratitude helps you feel better, helps you maintain a good outlook and attitude, and also helps you through some tough times. Here is what the experts say about gratitude:

- ❖ *Gratitude serves as a stress buffer. Grateful people are less likely to experience envy, resentment, regret and other unpleasant states that produce stress. Grateful people feel more alert, alive, interested and enthusiastic. They feel more connected to others. – Dr Robert Emmons*

- ❖ *Gratitude really changes your attitude and your outlook on life. – Dr Maryann Troiani*

- ❖ *At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us. – Dr Albert Schweitzer*

- ❖ *As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them – John Fitzgerald Kennedy.*