

Becky's corner: The power of gratitude

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Gratitude, in all its forms, is associated with happiness. When we say “thank you” to someone or someone says “Thank you” to us, the feeling that brings is pure satisfaction and encouragement.

Gratitude increases positive emotions by producing feelings of pleasure and contentment. Gratitude impacts our health and well-being.

Gratitude can trigger optimism, selflessness, spirituality, empathy and self-esteem. It leads to more vitality, energy and enthusiasm. It makes work and life more pleasurable.

Employees who practice expressions of gratitude are more likely to volunteer for more assignments, willing to take the extra step and go the extra mile. They tend to work happily as part of the team.

Managers who express gratitude, show more consideration, more empathy and are generally more loved by their employees.

Neural mechanisms that are responsible for feelings of gratitude have grabbed attention. Studies have demonstrated that the brain level, moral judgements involving feelings of gratefulness are evoked in the right anterior temporal cortex.

We should all feel gratitude for such studies that lend solid credibility.

In short, gratitude reduces pain, improves sleep quality, aids in stress reduction, and reduces anxiety and depression.

We might be tempted to say, “What do I have to be thankful for?”

If we are committed to finding those things that we are grateful for, we will.

It's amazing to me when I read books about the Holocaust, that many survivors mention the things they were grateful for. Grateful for an extra crust of bread. Grateful for an extra cup of water. Grateful for a warm blanket. Such small things that we take for granted, but grateful nonetheless.

Practice an attitude of gratitude and see how much better you feel! Who knows? It might be contagious.