

# The Power of Gratitude

There are 2 key components of gratitude according to Robert Emmons, Ph.D University of California, Davis

- An affirmation of the goodness in the world
- An acknowledgement that others have supported or brought us the goodness in our lives

Gratitude is a relationship strengthening emotion

healbright



# The Power of Gratitude

- Can help positively reframe the past
- Not something you do, but a way to live
- Helps foster positive emotions and helps block negative emotions
- Strengthens social ties and a sense of self-worth

