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# THE INCREDIBLE POWER OF GRATITUDE™



WYLD ROOTZ



AN INCREASED AWARENESS  
OF THE IMPORTANCE OF  
GRATITUDE



AN INCREASED DESIRE TO  
CONSIDER TRYING ONE  
PRACTICE



GAIN KNOWLEDGE ON THE  
BENEFITS OF GRATITUDE  
FOR YOUR WHOLE HEALTH

**SUCCESS  
LOOKS  
LIKE...**





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# GRATITUDE JAR

# WHY GRATITUDE MATTERS?

TO NURSES AND OUR PATIENTS



"*Gratitude* heals the whole person...  
one thought at a time!"



# THE SCIENCE OF GRATITUDE



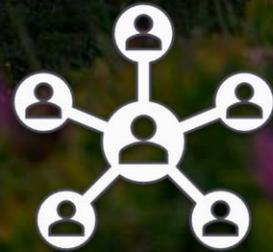
# WHY GRATITUDE MATTERS?



As A Human



As A Nurse



With Patients



# AS A HUMAN

Improved working memory

Improved desire to exercise

Decreased depressive and anxiety symptoms

Reduced high blood pressure

Improved sleep

Improved immune system function

Improved relationships

Increases our sense of community

Improved coping with emotional upheavals



# AS A NURSE

Helps us connect to our purpose and find meaning in our work

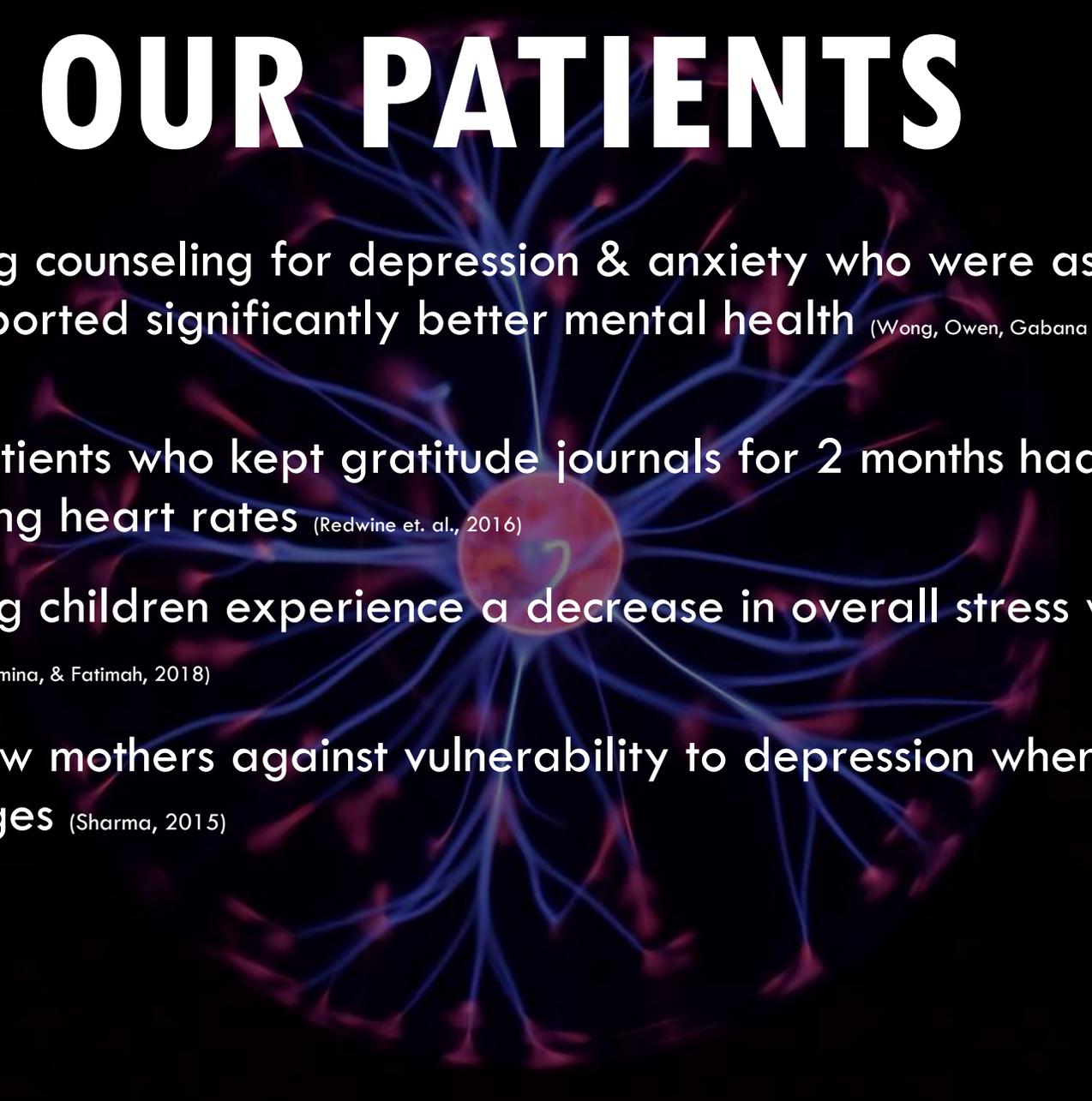
Boosts employee well-being and reduces sick days

Hearing “thanks” at work increases our happiness & productive by 50%

Supervisor gratitude towards employees improves employee self-worth, motivation & trust



# WITH OUR PATIENTS



Patients receiving counseling for depression & anxiety who were assigned gratitude letter writing reported significantly better mental health (Wong, Owen, Gabana & Gilman , 2015)

Heart failure patients who kept gratitude journals for 2 months had less inflammation & healthier resting heart rates (Redwine et. al., 2016)

Mothers of young children experience a decrease in overall stress with gratitude training (Kristiana, Hyoschamina, & Fatimah, 2018)

Helps protect new mothers against vulnerability to depression when adjusting to situational changes (Sharma, 2015)



# ACTIVITY

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Getting Grounded



# IMPORTANT PRACTICE TIPS?



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# Be Authentic



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Get Specific





Voluntary



# GRATITUDE STARTERS



Create a gratitude collage



Write a thank you letter



Perform an act of kindness



Send a gratitude text



Post a visual gratitude mantra



Make a gratitude jar





**GRATEFUL**  
to love and  
to be loved



**TODAY**  
I choose  
gratitude



**GRATEFUL**  
for the power  
to own my story



**GRATEFUL**  
I have enough  
I am enough



# The Ripple Effect



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# GRATITUDE ACTIVITY

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4 AM Friends



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“I am attending a course right now. We are talking about gratitude. I want you to know that I am so grateful for you. If you ever need anything, even if it's at 4 AM, you can call me. Thank you for being in my life.”





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# GRATITUDE JAR

*I*t is not happiness that makes us grateful  
but gratefulness that makes us happy."

~ Brother David Steindl-Rast



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**WHAT IS YOUR BIGGEST  
TAKE AWAY?**



I am grateful you are right here!

**THANK YOU**



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