**Benefits of Being Thankful and Expressing Gratitude**

There are a ton of benefits that come from being thankful and expressing gratitude. It can aid in boosting your physical, as well as your mental health.

While the process of practicing gratitude varies, the benefits remain the same. Let’s look at some of the most prominent benefits you can get when you add gratitude to your daily life…

**Giving your immune system a boost**

Did you know when you practice gratitude it can help to boost the immune system? There is a lot of focus on the emotional and mental benefits of gratitude, but its physical benefits are also impressive.

Being thankful in life gives you a much more positive outlook. This in turn helps to lower stress levels. High levels of stress are known to contribute to all kinds of health issues. So, by reducing your stress through daily gratitude, your immune system and overall health will improve.

**Your mental health will improve**

There have been several studies which have shown the benefits of gratitude to our mental health. One of the most recent studies in 2020, showed that practicing gratitude on a daily basis eased the symptoms of depression and anxiety.

Mental health issues can be difficult to deal with. By practicing gratitude on a daily basis, it can help the brain to become more positive over time.

While gratitude can help to boost mental health, it is important to seek help from a professional if you need to. Daily gratitude isn’t a suitable alternative to professional therapy if depression and anxiety are severe.

**Strengthening your relationships**

One of the great benefits of being thankful and expressing gratitude, is that it can strengthen your relationships. Studies have shown in terms of romantic relationships, couples are happier when they express thanks to one another. The same can be said for any type of relationship in your life.

Gratitude can help you to form new relationships, as well as improve existing ones. So, if you want to boost your friendships, romantic relationship, and your bond with family, daily gratitude is going to help.

**Reducing anger and boosting empathy**

When you have a more thankful attitude, you’ll notice you experience a lot less anger. Even when other people aren’t kind to you, it won’t anger you the way that it used to.

Similarly, a grateful attitude also helps to boost empathy. Those who are grateful tend to be more sensitive to the needs of others. They are also less likely to go after revenge.

**You’ll become more optimistic**

Being thankful helps you to become much more optimistic. This in itself can deliver so many awesome benefits. When you have an optimistic outlook, you won’t get caught up in life’s problems. You will be happier, less stressed, and capable of looking on the bright side in difficult situations.

**Improved sleep**

Another benefit most people could benefit from, is that being thankful can greatly improve your sleep. You won’t stress about the small stuff, which will naturally help you to sleep better.

Studies have also shown that keeping a gratitude journal each day can improve sleeping habits. So, if you desperately need a good night’s sleep, it’s time to start focusing on being more thankful.

**Greater self esteem**

Finally, another benefit of practicing gratitude is that you’ll develop greater self-esteem. This again will aid in all aspects of your life. When you have higher self-esteem, you will accomplish a lot more in life and be unafraid of what other people think.

These are a small handful of the benefits you can expect to experience through being thankful. It may take a lot of hard work to develop a more thankful mindset. However, the effort you put in will be greatly rewarded.