

Why gratitude is good for you
為什麼感恩對你有好處

詞彙 : *gratitude* 感恩

Gratitude is more than just saying 'thank you' to someone who has helped us or given us a gift. Gratitude is a **deeper appreciation** for someone or something that makes us feel a positive emotion. And this positive emotion can be good for our health – our **emotional** and physical health, as well as the health of our relationships.

Let's start by looking at the emotional or **mental health** benefits of **expressing** gratitude. There have been many **studies**, as described in a 2018 paper from the Greater Good Science Center titled 'The Science of Gratitude', showing that writing a gratitude letter to another person or writing in a gratitude journal, if done regularly, improves mental health. One reason for this, is that gratitude stops us from **ruminating on toxic**, negative emotions, and writing a 'thank you' letter, for example, **shifts our attention** so that we focus on positive emotions. But even if we don't share our writing with anyone, like in a journal, **the act of** completing the exercise alone makes us happier and more **satisfied** with life. And this gets better with time. As we are **essentially** training our brain to **be more in tune with** noticing the positive, after several weeks or months, this becomes more **intuitive**. And so, the more we express gratitude, the more positive we feel.

Gratitude can also make us feel good in our bodies. There are studies linking a gratitude **practice** to better sleep quality, better eating habits, and **reduced inflammation** in people who have had heart problems. So gratitude is clearly good for us, but is it also good for the people in our lives?

The simple answer is 'yes'. When shared – spoken or written – gratitude is about **feeling valued** and helping others feel valued too. Feeling valued can help build stronger relationships – be it with family, partners, friends or even colleagues. And that's on top of all the other ways gratitude is clearly good for us. Maybe we should all stop counting sheep or counting calories and start **counting our blessings** instead?

詞彙表

deep

深層次的

appreciation for	對...的感激之情
emotional	情感的
mental health	心理健康
express (v)	表達
study (n)	研究
ruminates on	反覆思考
toxic	令人不愉快的
shift your attention	轉移你的注意力
the act of	...的行為
satisfied	滿足的，滿意的
essentially	本質上，基本上
be in tune with	與...一致
intuitive	憑直覺的
practice	實踐
reduce	減少
inflammation	炎症，發炎
feel valued	感覺受到尊重
count your blessings	常懷感恩，知足

測驗與練習

1. 閱讀課文並回答問題。

1. What are two ways of expressing gratitude in writing?
2. True or False? *Writing one 'thank you' letter improves mental health.*
3. How does gratitude stop us ruminating on negative emotions?
4. Give three examples of how gratitude can be good for the body.
5. How can we make others feel valued through gratitude?

2. 選擇意思恰當的單字或片語來完成下列句子。

1. Teachers' Day is a day to _____ teachers and thank them for their hard work throughout the year.

shift your attention express appreciation for be in tune with feel valued

2. She spent weeks _____ the difficult decision to leave her husband.

linking to counting her blessings reducing ruminating on

3. Sometimes, the solution to a problem comes without thinking. It's _____.

intuitive deep mental health satisfied

4. Smoking is _____ heart disease and other health problems.

inflammation on top of linked to toxic

5. We were in a car accident but weren't badly injured. We _____ it wasn't worse.

count our blessings are in tune with gratitude satisfied

答案

1. 閱讀課文並回答問題。

1. What are two ways of expressing gratitude in writing?

Writing a gratitude, or 'thank you', letter to another person, and writing in a gratitude journal.

2. True or False? *Writing one 'thank you' letter improves mental health.*

False. If done regularly, writing a gratitude letter or writing in a gratitude journal improves mental health.

3. How does gratitude stop us ruminating on negative emotions?

It shifts our attention so that we focus on positive emotions.

4. Give three examples of how gratitude can be good for the body.

Better sleep quality, better eating habits, and reduced inflammation in people who have had heart problems.

5. How can we make others feel valued through gratitude?

When we share our gratitude with them – in spoken or written form.

2. 選擇意思恰當的單字或片語來完成下列句子。

1. Teachers' Day is a day to **express appreciation for** teachers and thank them for their hard work throughout the year.

2. She spent weeks **ruminating on** the difficult decision to leave her husband.

3. Sometimes, the solution to a problem comes without thinking. It's **intuitive**.

4. Smoking is **linked to** heart disease and other health problems.

5. We were in a car accident but weren't badly injured. We **count our blessings** it wasn't worse.