

# Ancient Arts – Gratitude Journaling

## 5 Benefits of Gratitude Journaling

Gratitude journaling is a method of journaling and self-reflection that can benefit your mind and body in positive ways including improved happiness, better sleep, increased resilience, improved relationships and more.

- 1. Improves mental health:** Multiple studies in the field of positive psychology have shown that gratitude journaling helps people to get rid of negative emotions. Greed, envy, regret and frustration are often expelled when people take the time to express their gratitude.
- 2. Increases happiness:** Further studies have shown that daily gratitude journaling has the single largest impact on increasing happiness and improving self-esteem.
- 3. Helps with better sleep:** By decreasing negative emotions and increasing feelings of happiness and self-worth, many of the things that keep us up at night are gone, helping to improve sleep quality and quantity.
- 4. Improves relationships:** Journaling about your gratitude makes you more aware of what others do for you. This often leads to improved expression of gratitude to others.
- 5. Gratitude increases resilience:** When you are grateful for the good things that have happened in your life, you also become more immune to negative reactions when the bad comes around. Gratitude gives you perspective and helps you realize that no matter how bad things are, “this too shall pass”.

To get started with your own journal, select one or two of the prompts on the following page and either think through your response or put pen to paper. You can choose to write in your journal daily or as frequently as you would like. On particularly difficult days, you might even find that looking back at past journal entries helps reduce stress by reminding yourself of all the wonderful things going on in your life.



THE  
CANTON REGENCY  
SENIOR LIVING RESIDENCES



# Ancient Arts – Gratitude Journaling

## Sample Gratitude Journal Prompts

1. Describe your happiest childhood memory.
2. What is a popular song that you enjoy (and why do you like it)?
3. What is one of your favorite songs from your childhood?
4. Who is the one friend you can always rely on?
5. What is the biggest accomplishment in your personal life?
6. What is the biggest accomplishment in your professional life?
7. What is your favorite memory of your father (or stepfather)?
8. What is your favorite memory of your mother (or stepmother)?
9. Describe your favorite pet (or former pet).
10. List 10 hobbies and activities that bring you joy.
11. What is a mistake that you've made, which ultimately led to a positive experience?
12. Describe a family tradition that you are most grateful for.
13. Who is a teacher or mentor that has made an impact on your life and how did they help you?
14. What do you like the most about your town or city?
15. Describe your favorite location in your house and why you like it.
16. What is one thing you've learned this week that you're thankful for?
17. Who made you smile in the past 24 hours and why?
18. What is a recent purchase that has added value to your life?
19. What is the biggest lesson you learned in childhood?
20. List 10 ways you can share your gratitude with other people in the next 24 hours.



# Ancient Arts – Stress Management

## The Impact of Stress

Stress symptoms may be affecting your health, even though you may not realize it. You may think illness is to blame for that nagging headache, your frequent forgetfulness or your decreased productivity. But sometimes stress is to blame. In fact, stress symptoms can affect your health, your outlook, thoughts and mind-set, as well as attitudes and behaviors. When you recognize common stress symptoms, you can take steps to manage them.

Obviously, other potentially serious health issues can also cause some of these symptoms. If you're not sure that stress is the cause or if you've taken steps to control your stress but symptoms continue, see your physician. Also, if you have chest pain, especially if it occurs during physical activity or is accompanied by shortness of breath, sweating, dizziness, nausea or pain radiating into your shoulder and arm, get emergency help immediately. These signs and symptoms may indicate a more serious condition like a heart attack and not simply stress symptoms.

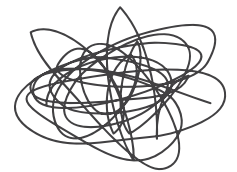
Effects of Stress		
On your health	On your outlook, thoughts, and mind-set	On your attitude and behavior
<ul style="list-style-type: none"> <li>• Headache</li> <li>• Back pain</li> <li>• Chest pain</li> <li>• Heart disease</li> <li>• Heart palpitations</li> <li>• High blood pressure</li> <li>• Decreased immunity</li> <li>• Stomach upset</li> <li>• Sleep problems</li> </ul>	<ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Restlessness</li> <li>• Worrying</li> <li>• Irritability</li> <li>• Depression</li> <li>• Sadness</li> <li>• Anger</li> <li>• Feeling insecure</li> <li>• Lack of focus</li> <li>• Burnout</li> <li>• Forgetfulness</li> </ul>	<ul style="list-style-type: none"> <li>• Overeating</li> <li>• Undereating</li> <li>• Angry outbursts</li> <li>• Drug abuse</li> <li>• Alcohol abuse</li> <li>• Increased smoking</li> <li>• Social withdrawal</li> <li>• Crying spells</li> <li>• Relationship conflicts</li> </ul>

\*Chart provided by Mayo Clinic

**Do you have stress symptoms? You can take steps to manage your stress and this can have numerous health benefits.**

Stress management can include:

- Physical activity
- Relaxation techniques
- Deep breathing
- Yoga
- Tai chi



THE CANTON REGENCY  
SENIOR LIVING RESIDENCES



This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Aegis Therapies welcomes all persons in need of its services and does not discriminate on the basis of age, disability, race, color, national origin, ancestry, religion, gender identity, sexual orientation or source of payment. Aegis Therapies and the featured company are separate companies. Aegis provides therapy services pursuant to a Service Agreement with the featured company. Interpreter Services are available at no cost. Please visit your local Aegis Therapies location for assistance. Servicios de interpretación están disponibles sin costo. Visite su sucursal local de Aegis Therapies para recibir asistencia. 我们提供免费传译服务。 请探访您的本地Aegis Therapies地点以获得协助。 ENG-00050-20 J2021