An Attitude of Gratitude

Did you know that practicing gratitude can improve your physical and mental health? A study by Robert Emmons, a psychology professor at the University of California, Davis, found that people who practice gratitude tend to experience less pain and report feeling healthier than other people. Additionally, gratitude is associated with better sleep, lower blood pressure, and a stronger immune system.

As a parent/guardian of a college student, you play a key role in your student's health and well-being. Here are some ways to promote an attitude of gratitude:

1. Encourage your student to express gratitude by keeping a gratitude journal. Ask them to write down three things they are grateful for each day.
2. Set aside time to reflect on what you are thankful for as a family. This could be during dinner or a special family event.
3. Encourage your student to volunteer or help others. Doing good for others can increase feelings of gratitude.
4. Participate in activities that promote gratitude, such as gratitude challenge groups on social media.

Remember, gratitude is a mindset that can be cultivated with practice. By encouraging an attitude of gratitude, you can help your student live a healthier, happier life.