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# Growth And Gratitude



# What you think, do and pay attention to

changes the structure and function of your brain. So, if you choose to focus on positivity as opposed to negativity, your brain will actually take on a different shape and it will become easier to choose a thought that makes you feel good over a thought that doesn't. When you choose to focus on more good than bad, more good will start to

show up in your life. Gratitude is an easy and effective way of retraining your brain and helping you to be more present and fulfilled.

A quick exercise. Take 30 seconds to look around the room you are currently in and count all the red objects. How many did you see?



The simple act of doing this floods the brain with positive chemicals and sparks brain activity critical to sleep, orgasms, mood regulation and metabolism.

Focusing on gratitude improves physical health – it strengthens the immune system, lowers blood pressure, reduces symptoms of illness and makes us less bothered by aches and pains.

Focusing on gratitude increases social connection – you will feel more satisfied with friends, family, school, community and yourself. It also increases empathy and compassion meaning that when practicing gratitude you become kinder towards others which leads them to feel better and be more grateful causing a ripple effect.

Focusing on gratitude reduces feelings of anxiety and depression and increases resilience – by shifting your thought patterns to positivity it strengthens the neural pathways in your brain, reducing negative thought patterns, boosting your mood and reducing anxiety. It also helps you bounce back from stressful events acting as a buffer against internalising symptoms.

Focusing on gratitude is good for your heart – gratitude has been proven to lower levels of inflammatory biomarkers related to cardiac health and increase coherence of body functions which facilitates higher cognitive functions, creating emotional stability and facilitating states of calm.



# Thank You

If you'd like further support in your mindfulness and development journey, we'd love to be there for you. Please email us or [follow this link to schedule a phone consult with Samara.](#) Thank you and remember – this work only works if work it! Sending you all the love.