

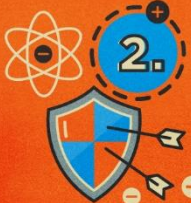


GRATITUDE AFFECTS YOUR BRAIN

IN RECENT YEARS, STUDY AFTER STUDY HAS BEEN PUBLISHED ABOUT HOW GRATITUDE PROMOTES POSITIVE BRAIN ACTIVITY, A HEALTHIER LIFE, AND A HAPPIER WORKPLACE.



1. The brain's natural response to gratitude is to activate a reward center that increases social bonds. Every time you say a simple 'thank you' your brain is flooded with positive chemicals.



2. Giving gratitude has been directly linked to reducing depression and anxiety, and increasing overall personal well-being. It's a natural shield against negative emotions.



Ever heard of the **hypothalamus**? It's the part of the brain responsible for keeping the status quo throughout the body. When gratitude is expressed, this area of the brain is pushed to excel, keeping your body in peace, balance, and harmony.



4. Want to be more resilient to stress? Give more gratitude. People who are grateful for the small things in life recover more quickly from stressful situations.



5. Do you dream of falling into a deep sleep every night? People that express gratitude regularly sleep better, feel refreshed, and also experience less chronic pain.

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The Power of Gratitude

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..... Set aside a time of prayer each night, expressing gratitude for the help received that day.

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I'm grateful for my recovery. I express my gratitude by performing service work. My "attitude of gratitude" is an expression of love and all my service work is an act of love. — LEON C. DALLAS, TX

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January 27 - If I get lost in negative thinking, I will pray and make outreach calls to sober SLAA fellows. I will remember to have gratitude for little things that make my life better.

February 5 Rather than focusing on what others have, it is more productive for me to express gratitude for what I do have.... I can be happy for others while working to attain my goals and be grateful for the blessings that I already have.

May 18 My spiritual awakening changed me, and today I will be grateful and help someone else in their steps towards their awakening.

June 2 As we become emotionally sober, we are more open, honest, respectful, grateful and loving. We embrace our emotions, as they make us feel alive and connected to life.

June 20 Today, I accept my life with gratitude and serenity.

September 25 I will not get lost in fear and jealousy today. I will look for the positive and be grateful for what I have.

October 4 Writing down all of my anger and fears on paper forces me to take a realistic look at my behaviour. Also, included in the writing is a list of my assets and things that I'm grateful for.

November 28 Even today, after years of recovery, I still ask Higher Power's help to continue with all these blessings, to have an attitude of gratitude, and to serve at my highest level in my work with others. ...I will be grateful for the blessings in my life and use them for my well-being and to help others.

December 4 I will express gratitude today for feeling beloved by myself, Higher Power, and others. If I don't feel it, I will practice self-care, meditate, or reach out to others.

Meeting Topic Sheets from the SLAA Step Minus One Group include non-Conference-approved literature. We use such literature to complement and enhance our understanding of SLAA Conference-approved literature. SLAA Conference-Approved Literature is indicated by © The Augustine Fellowship, S.L.A.A., Fellowship-Wide Services, Inc.

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