

# GREAT HEALTH

## GUIDE

November / December 2022

### Barriers to EXERCISE FOR *Girls*

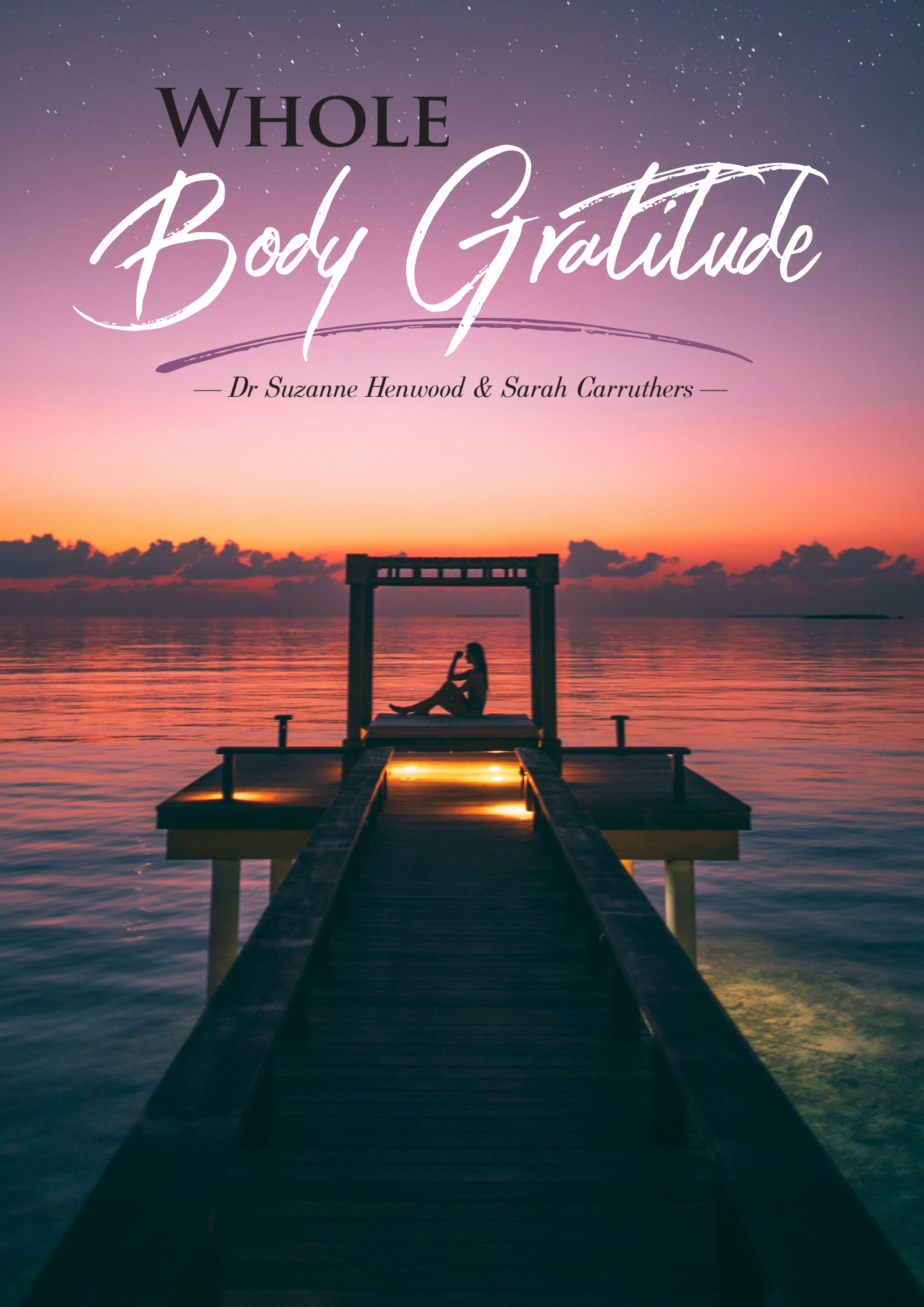
### 5 STEPS to *Build* A BALANCED MEAL

### *Pelvic* GIRDLE PAIN in PREGNANCY

### HOW to *Care* for YOUR *Heart*

# WHOLE *Body Gratitude*

— *Dr Suzanne Henwood & Sarah Carruthers* —



The positive effects of a regular gratitude practice are well known. There is a wealth of research around the practice of gratitude. In the *Benefits of Gratitude* diagram below, there is an impressive list that all [link](#) to Happiness.

Much of the Gratitude Practice guidance is based on thinking of 3-5 things that you are grateful for and writing those down on a daily basis.

- If you were to select three benefits for you in your life, which would be most important to you?
- If you could create a gratitude practice that amplified those benefits, would you start today?

The latest neuroscience research now suggests that a few tweaks to that process can create an even more positive impact.

*The more grateful I am, the more beauty I see*

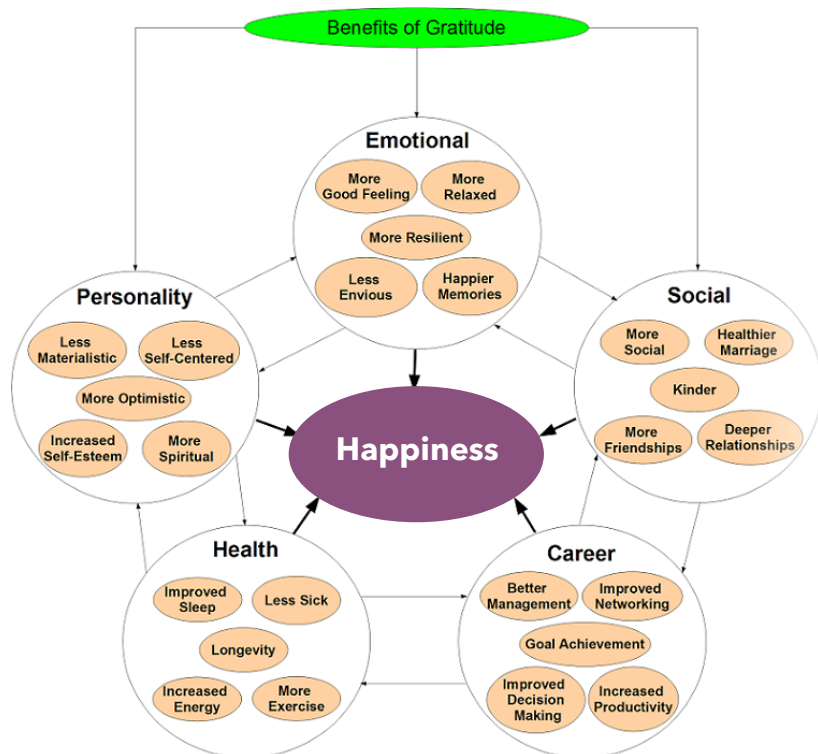
**Mary Davis**

**Here are five Top Tips to amplify the benefits:**

**1. Begin with a meaningful story.**

Andrew Huberman from the Huberman Lab Podcast shared the latest research on gratitude in particular the concept of a meaningful story to amplify the impact.

Find a story that moves you. Something that someone did for you, or your family, during a tough time; or a story you saw



on the news, that exemplified humanity. Take a moment to write down the key points about the story:

- What was the situation?
- What help was given?
- How did you feel being the receiver or giver of the support?

At the beginning of your gratitude practice, recall that story and feel it before focusing on what you are grateful for on that day. Breathe gently and evenly as you let that feeling of gratitude flood round your body.

## **2. Feel the gratitude at heart level.**

As you now create your list of what you are grateful for today, take some time to feel into each item on the list. Notice the different feelings, take your attention to your heart area and genuinely feel the feelings, so that you can describe them (colour, size, shape, location, sounds, textures, movement etc.).

## **3. Sense a full body response to the gratitude.**

Having made a list of items, allow your attention to move around, scanning up and down your body. Let the feelings of gratitude spread around your body so that you can feel them tingle, pulse, excite your body deep in your bones and right out to the skin surface.

As you feel the feelings spread, smile and relax, knowing the healing power they are having on every cell and every organ in your body. If you want to imagine it, even beyond your body, out into the world around you.

## **4. Do something as a result of feeling gratitude.**

From this place, feel into your gut, deep in your belly, and sense what you would like to do in response. It might include:

- Telling someone what a difference they make in your life.
- Doing something kind for someone you know.
- Decide on that day to look for an opportunity to bring a smile to someone else.

## **5. Make it a daily practice for life.**

Finally, gratitude, while it does have a lasting impact, it works best when it becomes a routine part of everyday life.

Initially, it may be wise to set a reminder on your phone or write a note in your diary. What is wonderful is that we can quite quickly form new habits, especially when we can see and feel the benefits of the new behaviours. So, you will find that if you commit initially to consciously perform this process, over time it will just become normal - something you do every day.

So, right now - take a moment and recall a meaningful story, then drop into the process and complete this sentence:

Today I am grateful for .....

And let yourself experience this as a whole body response.

In summary, we now have incontrovertible evidence that gratitude works. It helps us take in the good and see the positive in every day. It only takes a few minutes. It begins with a choice to give it a go.

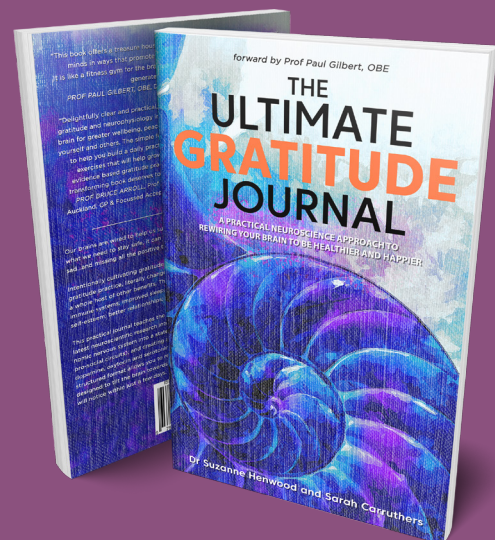
We hope we have inspired you to connect with your desire to make life a little better, for yourself and for others, and that you will begin today through developing a Gratitude Process for yourself.

For further gratitude exercises, Suzanne has recorded an exercise that you can find [here](#).

**Dr Suzanne Henwood & Sarah Carruthers** are neuroscience based, integrative embodied coaches, and together, they co-founded *The Luminosity Project* which inspires, empowers and supports people to bring the best of who they are to everything they do—to let their light shine, creating a positive ripple effect in the world. This helps people on their journey to radical wholeness—to find the way back to themselves, each other and to source. Suzanne & Sarah may be contacted [here](#).

## Editor's Choice

This practical journal distils the latest neuroscience on gratitude and physiology into an easy-to-learn practice that helps rewire your brain for greater wellbeing, peace of mind and more effective interactions with yourself and others. It involves stimulating your Autonomic Nervous System (ANS); storytelling that activates the pro-social circuits, and taking in the good, that helps you build a daily practice that really works. A set of powerful exercises is also included to help you grow in resilience.



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