

# GRATITUDE

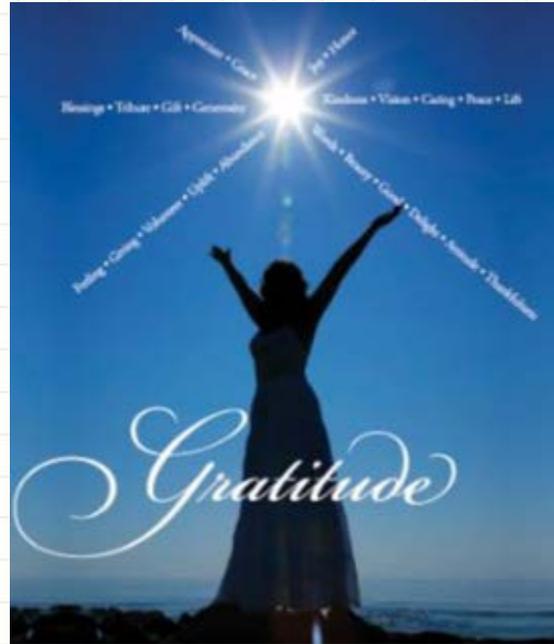
## Why Gratitude is Indispensable for Patient and Provider Wellness

Robert A. Emmons, Ph.D.

@Dr\_BobEmmons

FB: Gratitude Works

# Gratitude is a celebration



# Gratitude Works!

Gratitude has the power  
to heal,  
to energize, and  
to change lives.

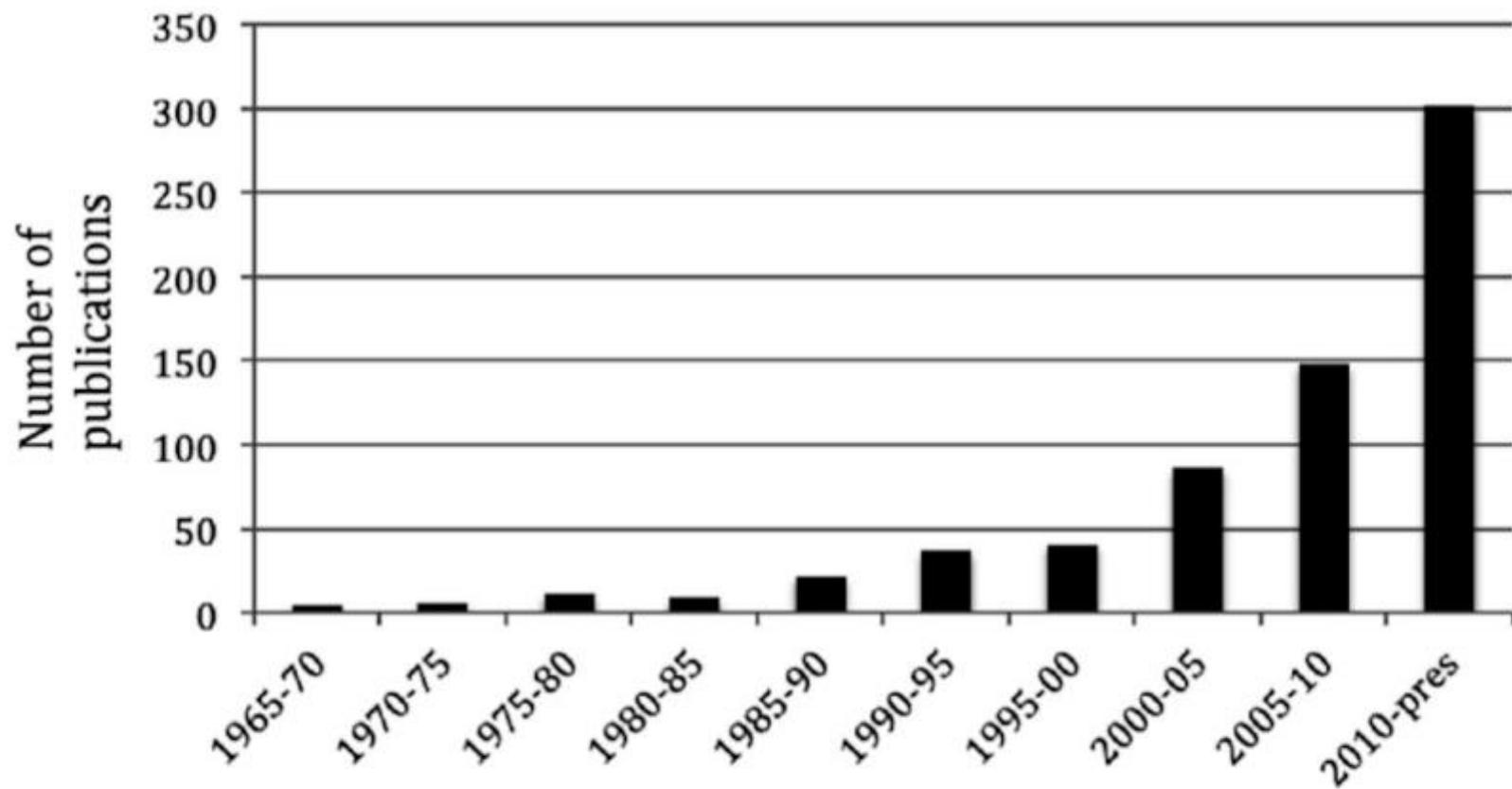


Is expressing gratitude the  
key to unlocking happiness?

# 8 Things Happy People Do Every Morning



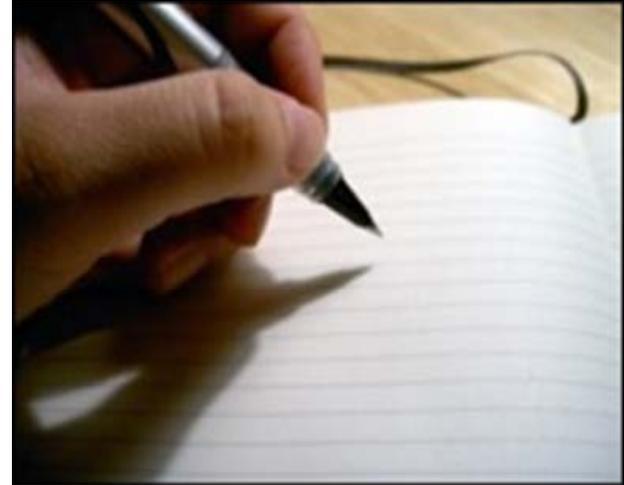




*Figure 1.* The number of publications appearing in PubMed by 5-year increments from 1965–1970 to the present using the search word “gratitude.”

# Counting Blessings or Burdens?

- Random assignment, placebo controlled experimental trials (RCT)
- $N \sim 3,000$



Gratefulness  
Increases  
Emotional  
Well-Being



**Journal of Research in Personality, 2007**

*The role of gratitude in the development of social support, stress, and depression – Wood, Maltby, Gillett et al*

Grateful  
People  
Achieve  
More



**Journal of Personality & Social Psych, 2003**

*Counting Blessings Versus Burdens: An Experimental Investigation of Gratitude and Subjective Well-Being in Daily Life – Emmons, McCullough*

Grateful  
People Get  
Along Better  
with Others



**Clinical Psychology Review, 2009**

*Gratitude and well-being: A review and theoretical integration - Wood, Froh, Geraghty*

Grateful  
People Pay  
It Forward



**Psychological Science, 2006**

*Gratitude and Prosocial Behavior: Helping When It Costs You – Bartlett, DeSteno*

Grateful  
People Are  
Less  
Depressed



**American Psychologist, 2005**

Grateful  
People Are  
More  
Resilient to  
Trauma



**Behaviour Research and Therapy, 2006**

*Gratitude and hedonic and eudaimonic well-being in*

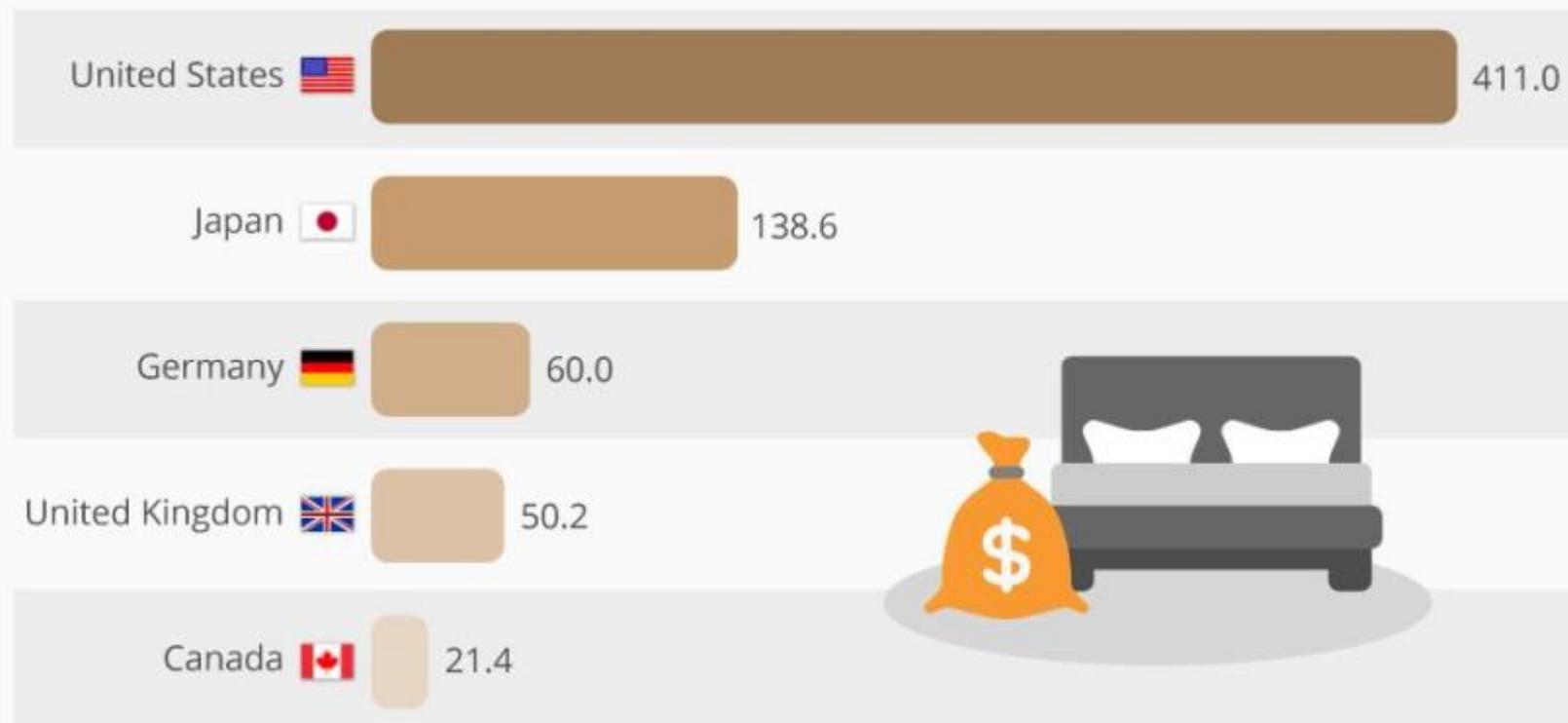
# GRATITUDE

## Gratitude is Good Medicine

- ✓ Reductions in perceived stress (28%) and **depression** (16%) in health care practitioners
- ✓ 23% lower levels of stress hormones (cortisol)
- ✓ Reduced feelings of **hopelessness** in 88% of suicidal inpatients
- ✓ 15-18% more efficient sleep
- ✓ Improved inflammatory biomarkers in HF patients
- ✓ 38% reduced rate of smoking
- ✓ Reduced risk of **depression** in patients by 41% over a six month period
- ✓ Dietary fat intake reduced 25%
- ✓ 15% lower **depression** in arthritis and IBD patients
- ✓ Increased WB in women with cervical cancer
- ✓ Reduced FOR in breast cancer
- ✓ 29% lower fasting glucose

# The Enormous Cost Of Sleep Deprivation

Estimated annual cost of insufficient sleep in GDP terms (billion U.S. dollars)\*



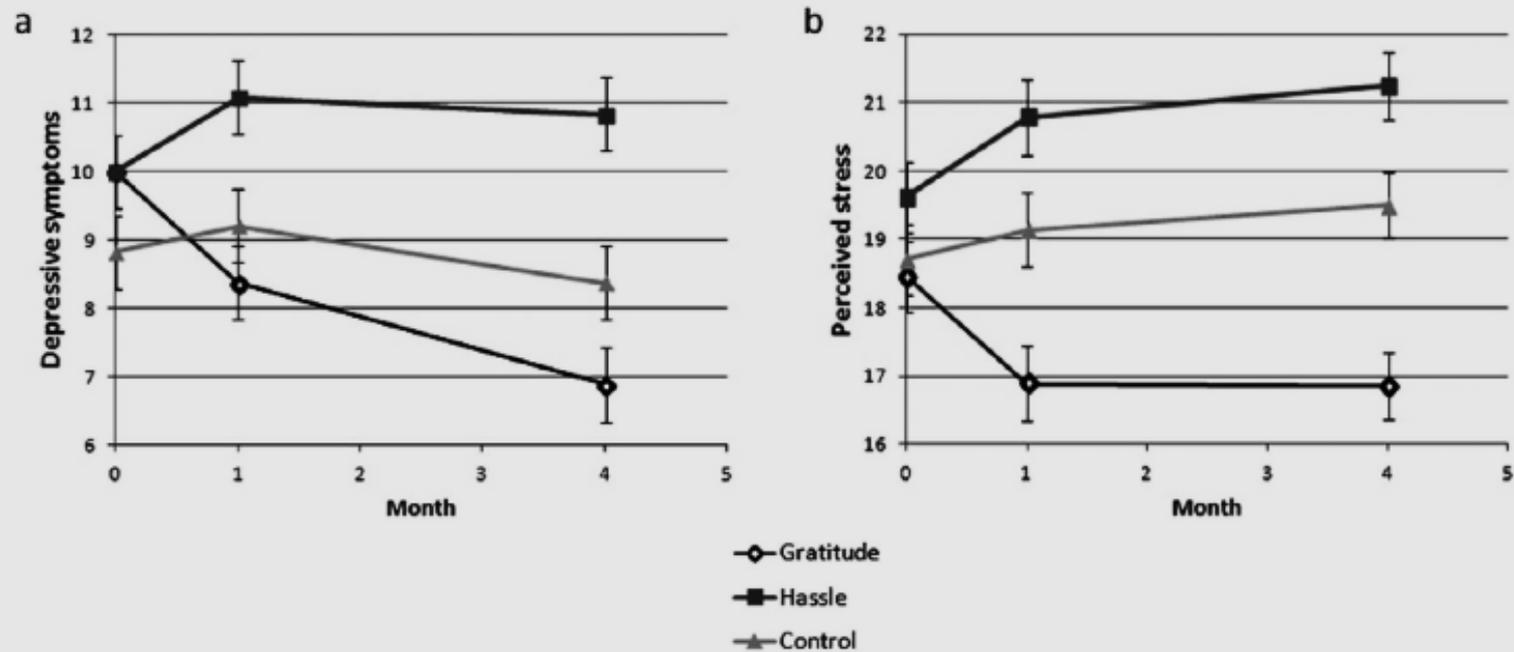
# Gratitude reduces stress and depression in health care practitioners

A double-blind randomized controlled trial was conducted in 5 public hospitals with follow-up to 3 months post-treatment.

Gratitude, hassles, no treatment control, 2x week/4wks

Source: *Journal of Consulting and Clinical Psychology*, 2015





*Figure 2.* Means of (a) depressive symptoms and (b) perceived stress by treatment conditions, adjusted for education, years of professional experience, and the respective interactions with time and time<sup>2</sup>; error bars denote standard error. Month 0 = baseline, 1 = posttreatment, 4 = 3-month follow-up.

# Conclusions:

**“Taking stock of thankful events is an effective approach to reduce stress and depressive symptoms among health care practitioners.”**

**“...such positive effects among these professionals can also lead to an improvement in both productivity and quality of patient services.”**

# Why does gratitude work?

## The ARC of gratitude

1. Gratitude amplifies
2. Gratitude rescues
3. Gratitude connects



# THE SUMMIT



# GRATITUDE

Gratitude is not something that you go out and get



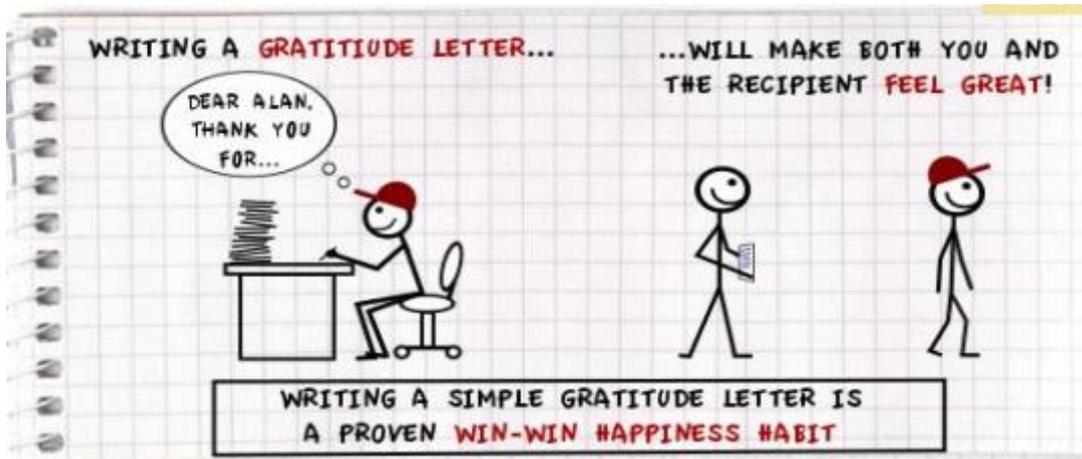
DO MORE  
WORK HARDER

<http://gratefulness.org/resource/stop-look-go/>



# Becoming great at gratitude

1. Journaling
2. Letters/Visits
3. 2 min miracle



# Recognizing

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## Gratitude

How does a patient share their gratitude?

- **OVERT!!!**
  - Thank profusely
- **Subtle**
  - Expressing interest in clinician's work
  - Asking about priorities and research
  - Transition for THEIR health to how healthcare works

# Responding to Gratitude

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## What Not to Say

- “Don’t have to thank me, I’m just doing my job.”
- “It’s no big deal, we do this every day.”
- “No problem, I’m just glad you’re doing better.”
- “What can I say, we got lucky.”

## What to Say

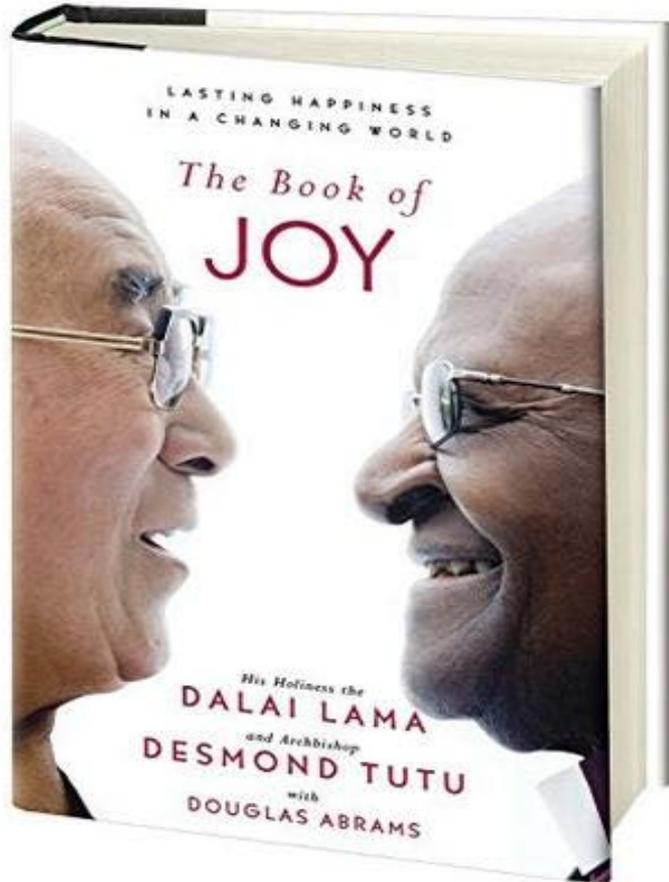
*“Thank you. We do need your help. If it’s ok, can I put you in touch with someone from my team who can find the best way for you to help us?”*

# JOY OF MEDICINE SUMMIT



THE SUMMIT

# How do we find joy in the face of life's inevitable suffering?



“It’s wonderful to discover that what we want is not actually happiness...I would speak of joy. Joy subsumes happiness. Joy is the far greater thing.” (p. 32).

**“ ...Find out where joy resides, and give it a voice far beyond singing. For to miss the joy is to miss all. ”**

**- ROBERT LOUIS STEVENSON**







MIND & BODY

EDUCATION

PARENTING & FAMILY

RELATIONSHIPS

WORKPLACE

MORE



## PROFILE

### Leif Hass



**Leif Hass, M.D.**, is a family medicine doctor who works as a hospitalist in Oakland, CA. He also advises the Greater Good Science Center on health care matters.

#### ARTICLES



## Why Health Professionals Should Cultivate Gratitude

BY **LEIF HASS** | JULY 26, 2017

A physician learns how gratitude can bring more meaning and resilience to his work.



### GRATITUDE & WELL-BEING AT WORK

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# GRATITUDE

## Gratitude myths

- A. Gratitude is just another form of positive thinking.
- B. Gratitude strips people of initiative and leads to complacency and passivity.
- C. Saying thanks means admitting the inability to get things done.
- D. Trying to become more grateful is the way to become more grateful.