

## Live Well, Be Well

### Title: "Let's Talk Gratitude"

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- **COB Friday, November 20**

#### *Introduction*

Reese: Welcome to Live Well, Be Well! A podcast where we speak candidly about all things health and well-being! My name is Reese, and my pronouns are She Her Hers.

Kevin: I'm Kevin and my pronouns are He, Him, His.

Sanjana: I'm Sanjana and my pronouns are She, Hers, we are all Well-Being Peer Educators at UC San Diego.

Sanjana: On this episode of Live Well Be Well, we'll be discussing what Gratitude is, why it is so important and how you can incorporate this practice into your everyday life!

Kevin: So we hope you get inspired, we hope you feel connected, and we hope you discover new ways to live your best life. Let's get started!

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(1) Reese: What is gratitude?

It is "The quality of being thankful, and readiness to show appreciation for and return kindness". In other words, it's when an individual feels a warm feeling of thankfulness for the world, people and things around them. In fact, according to Harvard Health, doing daily acts of gratitude is associated with greater happiness.

(2) Kevin : Why is it important to cultivate an attitude of gratitude? What are some of the benefits of cultivating and expressing gratitude?

Sanjana: One of the benefits of developing an attitude of gratitude is it makes us happier long-term. It turns out that simply journaling about gratitude for around 5 minutes a day can increase our happiness by around 10%. It helps enhance positive emotions and resilience. It also can increase our self-esteem and develop a greater sense of satisfaction.

Kevin: I think one of the greatest benefits of cultivating gratitude is the effect it has on our physical health, specifically our sleep habits. A recent research study has shown that a two-week gratitude intervention plan lead to increased sleep quality while reducing blood pressure in participants. I think as college students, we tend to not get a

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lot of sleep, especially when midterm and final exams come around. While we may not be able to increase the quantity of sleep we are getting at times, expressing gratitude can be a healthy way to increase our sleep quality!

(3) All: Provide examples of things you're grateful for? (Other people, experiences, yourself, etc.)

Reese: One thing I am grateful for is my health, my soccer team, my family and friends, and my ability to access higher education. I am also very thankful for my car, and to have the ability to enjoy the beach and outdoors!

Sanjana: I am grateful for my wonderful family and friends. I am so lucky to have met people who are so kind to me, and I really appreciate everything they do for me.

Kevin: I'm also grateful for my family and my friends! My friends in college have made my life so much fun, and we're all able to share the stress of college since we are all taking classes, which really helps me to destress. My family is also always there for me, which I could not be more grateful for!

(4) Reese: How can students make gratitude a daily practice?

Sanjana: I like to practice it by making a list of something I'm grateful for that happen each week. These include the bigger things such as a good test score or something small, such as the weather. I make a list of all of my highlights in my planner, and looking back on them helps me get through the harder weeks.

Reese: One way I like to practice gratitude is my doing yoga in the morning, and journaling at night. It gives me two opportunities throughout the day to be at peace with myself, and my surroundings. I have found that these little practices help me relieve a lot of my daily stresses.

Kevin: I think what makes gratitude difficult to practice is that sometimes we think more ungratefully than gratefully. Similar to what Sanjana does, I like to list or think about things that frustrated me during the week and try to think about these frustrations in a more grateful light. For example, although I don't particularly like driving 30 minutes away for the internship I am a part of, I am grateful for the opportunity to practice skills that might help me find a job later on in life!

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### *Closing*

Kevin: That concludes this episode of Live Well Be Well!

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Sanjana: If you like what you heard and would like to learn more about topics related to health and well-being, there's much more to come!

Reese: Stay tuned for our next episode of Live Well, Be Well. Until next time, be kind, be true, be you. And remember, to be well is to live well.

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### Notes for Hosts:

- Please be mindful of what you say and how you present yourself. This is a department-sponsored podcast so we need to ensure that we're professional and that the content is aligned with our goals of promoting health and wellness as it relates to behaviors, attitudes, and perceptions.
- Please *do not* use explicit language or advocate for or suggest engagement in unhealthy behaviors (e.g., Inappropriate: "one of the ways that I like to destress and relax is smoking cannabis and drinking a 6 pack" → Appropriate: "one of the ways that I like to destress and relax is by taking a warm bath, listening to my favorite music, and drawing")
- **You all can record via Zoom and I will extract the audio and make any necessary edits.**
- **Once you have recorded, please send me the file (rdellacqua@ucsd.edu) and I will insert the opening and closing music and make any edits as needed.**
  - **If you misspeak or make any mistakes along the way, not to worry, I can edit it out. Just say something like "Renee please edit out that last bit...I'm going to repeat that"**
- Have fun with this! When you have fun and enjoy what you're saying, it'll radiate through your voice!

### Some useful resources:

- <https://positivepsychology.com/benefits-gratitude-research-questions/>
- <https://gratefulness.org/resource/what-is-gratitude/>
- <https://greatergood.berkeley.edu/topic/gratitude/definition>

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