

The Impact of Gratitude

Resource Page

How Gratitude Rewires the Brain transcript (PDF):

https://fcsf.org/wp-content/uploads/2023/06/How-gratitude-rewires-your-brain_Christina-Costa.pdf

The Amazing Effects of Gratitude, TED-Ed (Video):

https://ed.ted.com/best_of_web/Yrv8InzX

How to become more grateful, and why that will make you happier, healthier, and more resilient, by David G. Allan (PDF):

<https://fcsf.org/wp-content/uploads/2023/06/How-to-Become-More-Grateful.pdf>

Practicing Gratitude Pays Off – An interview with Christina Costa by Dr. Sanjay Gupta (Audio):

<https://us.cnn.com/2022/05/19/health/gratitude-wisdom-project-chasing-life-wellness/index.html>

Scroll down in article until you see this and press play:

Chasing Life

May 17, 2022

Practicing Gratitude Pays Off

It turns out a simple “thank you” really can go a long way. In fact, giving thanks doesn’t just make others feel good – it can also boost your own mental and physical well-being. On today’s show, we’ll hear how gratitude helped one woman navigate a life-changing medic



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