

Gratitude: Can Being Thankful Make You Healthier?

Can being thankful or grateful make you healthier?

We love this question and it's particularly timely as we celebrate Thank You Week – a time to find someone to thank that is linked to your diabetes journey or even to thank your condition for helping you in some way!

So, what does the research show? Well, there's a growing body of evidence to support the idea that being grateful is indeed good for your health.

An amazing study (link: http://www.ucdmc.ucdavis.edu/welcome/features/2015-2016/11/20151125_gratitude.html) shows that gratitude is related to 23 percent lower levels of the stress hormone cortisol, which can wreak havoc with blood glucose levels.

Keeping a gratitude journal produced sustained reductions in perceived stress and depression (depression and anxiety is thought to affect as many as 1 in 2 people living with diabetes) and reduced dietary fat intake by as much as 25 percent.

In fact, many studies have consistently found that people who practice gratitude report fewer symptoms of illness, experience more happiness and have stronger relationships so, all in all, it's pretty powerful!

Living with diabetes, whichever form you have, can bring up many challenges, challenges that could cause us to focus on the negative. But in any area of our life, it's possible to go out of our way to look for the good and doing so is not only good for us, but good for others.

As we embark on our first Thank You Week, we'd like to invite you to say 'thanks'. As well as supporting you to further cultivate an attitude of gratitude, it will also no doubt help those around you that make your diabetes journey that little bit easier feel appreciated and who doesn't like that?!

What could you be thankful for? Here are some ideas:

- The medical researchers who show up to work day after day searching for better ways to help manage and prevent diabetes, as well as look for a cure
- The health professionals who help you stay healthy
- Loved ones who keep an eye on your diabetes / health and support your journey
- Researchers who have developed better insulins, better glucose monitoring technology, better medications
- Individuals and organisations who have put money into diabetes research
- Companies for investing in creating the medications and supplies you need
- Your diabetes for teaching you valuable life lessons
- etc

At Diabetes Research WA, we're grateful for all those people above and we're grateful to you for reading this blog and keeping up with our news; our mission is to cure diabetes and we simply could not do that alone.

Thank You!
Sheri