

Gratitude Benefits – LLJ Program

Scientists have proven that gratitude literally transforms the brain and can make you happier and healthier. It is the best way to stimulate feelings of happiness, which affect the nervous system and bring positivity and peace.

Gratitude has many additional benefits as well, besides the ones we have already discussed, including:

- Higher happiness set point
- Improve your sleep
- Boost productivity and creativity
- Help you feel less isolated and more connected
- Boost your energy levels and fight fatigue
- Strengthen immune system
- Help you experience a deeper relaxation
- Help you look and feel more attractive
- Make it easier to bounce back from difficulty
- Make you feel more confident and stronger
- Improve your emotional equilibrium