

Gratitude



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Editor's note

As we grow up we realize the relevance of our surroundings better and we begin to understand that materialistic happiness is a myth, or that the things we want are nothing compared to what we already have. Most of us keep running towards the wants of tomorrow and forget the importance of embracing today, asking yourself – what emotions helped you today? What were the small victories of today? What made you smile today? What made you feel proud?

When we speak favourably of self and/or others and hear the positive via the same we impart ourselves with the replicated positive energy in our lives making us happier and brighter.

Understanding the abundance of existence and the Gladiolus energy that takes care of everything in our life is the influence of gratitude and thankfulness that one imparts unconsciously through positive emotions and satisfaction.

Aarushi Chauhan



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Gratitude for Everything

Gratitude is the appreciation of the valuable and meaningful things in our lives. We may feel grateful for our upbringing, family, job, good health, and the opportunity to gain an education. While recognizing and being grateful for these experiences is important, our gratitude practice must also venture below the surface. Below the surface, we find the simple, everyday pleasures that often go unnoticed. This may be a great book we read, laughter with a friend, or even the joy of eating ice cream in the sunshine. Whatever these simple pleasures may be, consciously expressing our gratitude for them can help us grow our daily gratitude practice beyond the surface level.

When it comes to your mental health, gratitude goes beyond just happiness. Studies have shown that being grateful can make you more optimistic, improve your mood, and even lower rates of stress and depression. However, a recent study found that the benefits of gratitude interventions had an impact on reducing symptoms of anxiety and depression. People who practice gratitude are typically more content in their lives, because they take the time to appreciate what they have rather than dwelling on what they don't have.

Concluding, Sometimes we do forget all what we have and we crib about the things we don't have in life. There are many sections in our society who are still striving for a day meal or for a shelter where they can sleep peacefully. By God's Grace we are provided with all what we want and many a times more than that. All what we have remind ourselves is that to thank God for his Grace and his material blessings upon us, Many are deprived of it but we are worth blessed with it.

-Kezia Aby

Gratitude

At times, our own light goes out and is rekindled by a spark from another person. Each of us has a cause to think with deep gratitude of those who have lighted the flame within us. I think as we grow older we tend to be less thankful to people who've really helped us through our thick and thin stages in life. I feel one should always be grateful for the things that they have been granted, for the loving and true friends, for the supporting family and for each and everyone. I am grateful for everything that I have today, for the loving people I have around me, For what I am today and for what all I have achieved till now. I am truly grateful for the person I am becoming, positive, helpful and I hope I tend to grow more in life but I, you and everyone must never forget from where they started.

It is as easy as it sounds. Showing gratitude never makes one small or big rather it makes them strong and realise whoever they are right now is because of some people, some strength and yourself. Gratitude is so much more than saying thank you. Gratitude changes your perspective of your world.

Gratitude involves appreciation and thankfulness towards others. Gratitude is the way of expressing kindness towards others. Feeling grounded towards others is the reflection of one's goodness. The word 'Thank You' expresses the feeling of gratitude. Gratitude can bring positivity to our surroundings and I think it's a beautiful gesture being thankful for the things we have or we got from others is one of the best response one can give.

So at last I would like to state that I am grateful for the people who I am with today, for all I have and all I am.

-Sanya Sharma

Gratitude for Own Body

Here are some ideas that may help you appreciate and express gratitude for your body:

Focus on what your body can do: Instead of fixating on your body's imperfections, take a moment to acknowledge what it's capable of doing. Your body carries you through life, allowing you to move, explore, and experience the world around you. Take a moment to appreciate all the things you are able to do with your body, whether it's walking, dancing, or simply breathing.

Take care of your body: One way to show gratitude for your body is to take care of it. This can include getting enough rest, eating nourishing foods, and engaging in physical activity that you enjoy. When you treat your body well, you are acknowledging its worth and value.

Practice mindfulness: Mindfulness can help you tune into your body and appreciate it in the present moment. Take a few minutes each day to focus on your breath and the sensations in your body. Pay attention to how your body feels, without judgment or criticism.

Write down what you appreciate about your body: Make a list of things you like about your body. This can be anything from your smile to your strong legs. When you're feeling down about your body, refer back to this list as a reminder of all the things you appreciate.

Remember, your body is a unique and valuable part of who you are. By practicing gratitude for your body, you can cultivate a positive relationship with yourself and live a more fulfilling life.

-Tanya Aggarwal

The Benefits of Gratitude

The benefits of practicing gratitude include:

- It can improve your mental wellbeing
When it comes to your mental health, gratitude goes beyond just happiness. Being grateful can make you more optimistic, improve your mood, and even lower levels of stress and depression.

- It can improve your physical health
There is a positive correlation between gratitude and self-reported physical health, a propensity for healthy activities, and a willingness to seek help for health concerns. There is a link between gratitude and healthy activities.

- It can increase your self-esteem and confidence
When you are grateful for the positive aspects of your life, you are less likely to focus on the areas of your life you feel you are not living up to your full potential. This can help you to feel more confident.

- It can enhance positive emotions
Feeling grateful helps regulate emotions. Adopting a daily gratitude practice helps reduce unpleasant emotions such as anxiety, depression, sadness, guilt, or fear so that we're better able to control urges to mindlessly eat.

- It can help you make friends
Gratitude allows us to exchange things for the mutual benefit of both parties. When someone does something nice for us, our brains react to make us want to repay the favor, meaning we care for others and others care about us.

-Riya Mittal



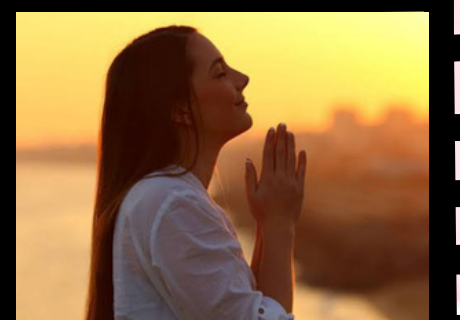
Thankfulness

THANKFUL. BLESSED. GRACE

Gratitude or thankfulness, is the sweetest emotion and the purest emotion anyone can ever experience. Gratitude brings grace to your life. We generally express gratitude only when something big happens or a bad happening vanishes. But what I believe is that gratitude should be unconditional, regardless of what is going on in your life. Nothing big has to happen to bring thankfulness within you. There is a beauty in simplicity that holds so much within itself. The food that you eat, the land that you walk upon, the air, and this whole nature that is nourishing you every millisecond. You can simply sit under the shade of a tree and be grateful to that tree. That gives you the power of you being alive—oxygen, the very air. That is the maker of your being and the taker of your life. Life itself is such a blessing, and being able to see a new morning every day should bring immense amount of gratitude within us.

Gratitude brings you closer to the divine, nature, and to your own self. Gratitude helps you to connect better with your inner self. It makes you value everything more. Every moment of your life is sacred and rather than taking it for granted, you should show gratitude. Thankfulness makes you experience a different kind of sweetness within the very core of yourself. We people generally crib over various things that we are blessed with but fail to realise it because of the false illusion of a materialistic world that has blotted our minds. But having a good family and friends around to support you, good education and knowledge around you should be a matter of bowing down with an emotion of gratitude. Gratitude keeps you grounded and banishes your fragile ego. Gratitude is not something you express but something you always should experience. Paying gratitude is for better than paying attention to the limiting beliefs that you carry.

-Shivya Arora



Gratitude: A state of contentment

Speaking of gratitude, it's a state of contentment a person shows towards all of what they have. Defining it as settling for less would for sure be an ignorant statement. Gratitude refers to being satisfied with whatever one possesses, this particular mindset helps a person be at peace and not at a constant pace of greed and desires going hand in hand with vanity. People who show gratitude sleep peacefully at night away from worries and wishes that eat their soul. Gratitude makes a person less complaining and more grateful. If we look around and observe people we will for sure notice that the bare minimum we feel we have is luxury for others and what we call survival is like a feast for many. This attitude of thankfulness relieves us from many unnecessary things we're inclined to.

Ending it on this note, if possible give me a quote, "show gratitude not for you want to settle for less but because you want to sleep stress less, show gratitude not disguised as a sacrifice, show gratitude for you have enough with which you can suffice." -Ifham Aijaz

Gratitude for life

Expressing gratitude for life is a powerful practice that can help you cultivate a positive mindset, even in the face of challenges. Here are some ways to express gratitude for life:

- Reflect on the present moment: Take a moment to reflect on the present moment and appreciate life's simple pleasures. This could be the warmth of the sun on your skin, the taste of your favorite food, or the laughter of a loved one.
- Count your blessings: Take time to reflect on what you are grateful for in your life. This could be your health, family, job, or anything else that brings you joy and fulfillment.
- Practice mindfulness: Mindfulness can help you appreciate the present moment and the beauty of life. Take a few minutes each day to focus on your breath and the sensations in your body, without judgment or criticism.
- Give back: One way to express gratitude for life is to give back to others. Volunteer your time, donate to a charity, or simply offer a kind word to someone who needs it. Helping others can give you a sense of purpose and fulfillment.
- Embrace challenges: Life is full of ups and downs, but every challenge presents an opportunity for growth and learning. Embrace the challenges in your life and be grateful for the lessons they teach you.

Remember, expressing gratitude for life is a practice that can be cultivated over time. By focusing on the positive aspects of life and embracing challenges with an open mind, you can cultivate a sense of gratitude and appreciation for the world around you.

-Karthik Pandey

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The summer breeze on my hair

The silver lining in all my life experiences
The melody which seems to dance
Meaning too deep as Pacific Ocean
Forming an entirely new world
I found wonderland,

Acting like the pillow for my tears,
Explaining unexplained emotions
Being my greatest supporter in all
my life milestones
Throwing me a dancing party

My Homie, my earphones,
Swaying with the beats, bold yet
beautiful,
the playful words making me feel
enchanted

Being my umbrella to rain
My greatest sunshine in my life

Music has my heart hostage
Or I willingly am
I am thankful for music to exist.

-Keisha Kapur

STUDENT CORNER

A guest lecture on "Career Opportunities in Child Psychology" was scheduled by the department of psychology for students to learn and explore the different fields of psychology. The students were provided with an alternative perspectives, opinions, and personal experiences that helped us to explore the different domains in the field of psychology.



Trip to Rangmanch Farms



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