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(March to October 2024)

THE POWER OF GRATITUDE

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Image 1: The Art of Gratitude

In a world filled with constant noise, stress, and the pressure to achieve more, we often forget gratitude. Although it is one of the simplest of pleasures, it takes on the greatest significance. Not just an ephemeral emotion, gratitude is poorly understood on principle. To live life as a way of thinking – indeed, this view develops our standpoint on the world itself. If we put it into practice daily, gratitude can improve both our mental health and our relationships with others. This has the power to lead a more fulfilling life in general. This article will look at how to practice the art of gratitude, how to cultivate it, and its deep effects on our lives.

What Is Gratitude

Gratitude at its essence means expressing appreciation for all the positive impacts in life, great or small. Gratitude also says we should do more than just thank someone – with gratitude let us understand all the things that give us happiness, peace and meaning in life. Due of the shortage of things to be grateful for, we need to heed the call. Gratitude thus brings abundance; like a current in a river turning back what

has already flowed past us – our past efforts. Gratitude does not arise from gazing at evil things, and pretending everything is sweet. Rather, it comes when we acknowledge the positive as well as the negative aspects of life. Balancing the art of living (liber), which exerts a great force on domain after domain versus a kind of slavery or total vassalage, enables us to steadily build up resilience and lift people's vision from its previous low level to heights untouched before.



Image 2: A heart overflowing with light and vibrant colors, symbolizing an abundance of a grateful heart.

The Benefits of Practicing Gratitude

According to scientific research, gratitude can have a significant positive effect on both our mental and physical health (Jans-Beken et al., 2019, The Science of Gratitude, n.d). Here are the examples that illustrate it:

1) On the Mental Side of Things

Gratitude is linked to lower stress levels, and lessened anxiety or depression. When we focus on what is good in life and away from bad thoughts, we're creating feelings of happiness and contentment.

2) In Relationships: People Around Us Now

According to Sahar (2020), by blessing those around us with thankfulness now and then, not only does it create trust between us but also empathy, and this makes people even dearer friends. Such an approach to life helps people take notice of the virtues in others.

3) Improve Physical Health

Studies have shown that grateful people are more likely to enjoy quality sleep, have a lower blood pressure, and a stronger immune system (Layous, 2020). By releasing stress and promoting relaxation, gratitude may be able to improve physical health in real and concrete ways.

4) Increases Resilience

When life gives us a hard time, practicing gratitude can help turn difficult situations. By looking at the positive side of things, it becomes a bulwark against adversity. When we keep up with gratitude in our daily lives it creates a wider range than that which is originally intended. Increasing positive outlooks and lessening chances for depression.

How to Practice Gratitude in Life

Gratitude is a muscle, the more you use it, the stronger it becomes. Although a grateful nature may come more naturally to some, anyone can improve their ability to cultivate gratitude with a little daily practice.

Write in a Gratitude Journal — As mentioned by Southwell & Gould (2016), one of the most powerful methods for increasing gratitude is by keeping a gratitude journal. Write down 3 things you are grateful for every day. Those moments can be grand and extravagant or they can be small things like a cup of warm coffee, a passing smile from a complete stranger or the encouraging nod of someone you love. And this routine also gives you a never-ending reason to focus on good things.

Meditation — Mindful meditation is essential as mindfulness and gratitude are closely linked when we practice being in the moment and appreciating where you are, it makes little sense to grumble about your circumstances. Each day, breathe deep and feel thankful for what you have in your life now: nature, people, your self-growth.

Thank Others — Instead feeling grateful, show it. Write that nice message, note or just let other people know that you

appreciate them and how good of a person they are. Gratitude is a key component of building great relationships and making someone else feel good.

See it from another angle — Instead of looking at a challenge and thinking how unfair it is, try to see it as an experience but what you could learn or gain from your situation. All of this will help you switch up your perspective and keep pushing forward, no matter what economic crisis is going on around.

Practice Gratitude during Everyday — convert mundane moments to channelise the flow of gratitude. For instance, while walking pause for a second to savor in the fresh air and the beauty around you. Practice gratitude for the people behind your meal, from the farmers to the cooks. And so we need to make a habit of being grateful — even if that means doing something as simple as closing your eyes and focusing on the present moment.

Beating Obstacles to Gratitude

Gratitude, as we know, is wonderful for body and soul but it can be difficult to utilize! Drawbacks, failing times, disappointments, and adversities in life can make you overlook all. Nevertheless, during those difficult times is when gratitude can be the most beneficial.

If you struggle with this concept, baby steps. Even in the darkest night, they will still prevail. Many times it is hard to learn that all your appreciation is limited. Friendships and courage are short-term, there is nothing grander than friendship in spirit such a way of getting better throughout our lives. So no, gratitude will not remove all the struggles that exist in your life — but it certainly can nudge you in the direction of a hopeful and optimistic attitude.



Image 3: *The Power of Gratitude is through beating all the obstacles and hurdles in life.*

How Gratitude Behaves like a Ripple

The wonderful thing about gratitude is that it not only enriches the person expressing it but creates a ripple of positive influence around us. By thanking others, we create an atmosphere of gratitude and kindness. We start to pass that **Gratitude** around — something we take in is something we tend give back.

From communities to corporates, and perhaps even nations the world over - a tad bit of gratitude can help foster cooperation, understanding and unity in great ways. It shows us that no matter how different our families, are there is something which we can be grateful for.

Concluding Remarks

Gratitude is an art that goes beyond a practice, it becomes a way of living, of seeing the world through eyes and heart wide open. Gratitude, as a practice, lets us pursue a life where we get to be happier, enjoy relationships more deeply and hopefully find more fulfilment. Melody Beattie said it best: “Gratitude unlocks the fullness of life. It makes what we have enough, and more.” In a culture that is often scarcity-minded, gratitude helps us instead to revel in the beauty and abundance of life. Well, now you have to take a moment and pause and reflect and appreciate the **POWER OF GRATITUDE.**

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