

How Expressing Gratitude Might Change Your Brain

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New York Magazine:

A lot of so-called “positive psychology” can seem a bit flaky, especially if you’re the sort of person disinclined to respond well to an admonition to “look on the bright side.” But positive psychologists have published some interesting findings, and one of the more robust ones is that feeling grateful is very good for you. Time and again, studies have shown that performing simple gratitude exercises, like keeping a gratitude diary or writing letters of thanks, can bring a range of benefits, such as feelings of increased well-being and reduced depression, that often linger well after the exercises are finished.

Now a brain-scanning study in *NeuroImage* brings us a little closer to understanding *why* these exercises have these effects.

Read the whole story: [New York Magazine](#)