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Brain on Gratitude Activity– (Robert Emmons)

The need for novelty and change is hardwired into our brains. The substantia nigr/ventral segmental (SN/VTA) an area in the mid-brain, responds to novel stimuli. Whether you keep a diary, post gratitudes on your social media outlets, or just think grateful thoughts, focus on surprising events, unexpected kindnesses, new and unusual experiences and these will activate your SN/VTA. This area of the brain links memory and learning centres, so keeping your gratitudes fresh and new will be cognitively and neurally beneficial.

* An element of surprise helps us to hold on to gratitude. Try this exercise every other evening for a week. Ask yourself in what ways did my gratitude surprise me today? We can begin to seek out occasions to be surprised, and with that, use our mind to change our brain to benefit our mind.
* Travel can be a tonic for Gratefulness. It need not be an exotic trip. Take a different route to work, go by bicycle for a change, explore your neighborhood in a new way. Your brain will thank you, your mind will be refreshed, and your creativity will soar. Find your grateful place and space.