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# C4P News

*Theme: A Focus on Gratitude*

Happy

Thanksgiving!



Count your blessings!

## C4P Trivia

According to the United Nations General Assembly's most recent World Happiness report, where does the United States Rank in life satisfaction?

- A) 3rd
- B) 9th
- C) 17th
- D) 46th

The first person to send the correct answer to [center4parenting@utk.edu](mailto:center4parenting@utk.edu) will receive a \$5 Starbucks gift!

## Research Update: Gratitude & Well-Being

Research on gratitude and its positive influence on wellbeing is an emerging body of literature in the field of positive psychology.

### Study 1:

In an effort to disentangle whether this relationship is simply correlational or causal, Emmons and McCullough (2003) examined the effects of “*counting your blessings*” on wellbeing in a 10 week experiment utilizing randomized control groups. Results indicated that the experimental group, who participated in a gratitude exercise once a week during the study, reported significantly higher rates of wellbeing in the form of:

- Reduced physical complaints.
- More time spent exercising.
- Greater life satisfaction as a whole.
- Increases in positive affect.
- Improved quality and amount of sleep.

### Study 2:

A more recent study has reported that “*grateful*” adults (a) employ more active problem solving, and emotion focused coping strategies, and (b) seek more social support (Lin & Yeh, 2013). Those two strategies, in turn, contribute to higher levels of wellbeing.

## Helping yourself so you can better serve parents:

Rates of job burn-out can have important implications for the quality of care we provide when working with parents and families. Lanham and colleagues (2012) explored the relationship between job burn-out, job satisfaction and gratitude in mental health and family professionals. This study differentiates between “*dispositional*” and “*workplace specific*” gratitude. Their findings support the importance of cultivating workplace specific gratitude for reducing job burn-out, emotional exhaustion and depersonalization. Additionally workplace specific gratitude predicted job satisfaction in this study!!!

## Featured Resources :

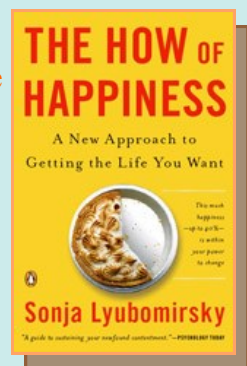
**Authentic Happiness** is the homepage of Dr. Martin Seligman, the founder of positive psychology! This website includes resources free to anyone who wishes to know more about the science of happiness, gratitude, or any other positive emotion! Dr. Seligman's research has been a great contribution to the field of psychology.

His website offers a suggested reading list, free access to peer reviewed articles in the field, video talks from lead researchers in the field, press coverage and many more resources.

Check it out at :

<http://www.authentichappiness.sas.upenn.edu/resources.aspx>

Dr. Sonja Lyubomirsky is another pioneer in the field of positive psychology. We think this self-help book is a great resource for parents and professionals alike! Not only is Dr. Lyubomirsky's book based on empirical research and theory, it is also an easy read for parents! This book lays out an easy plan, to increase happiness! Additionally this book provides several *happiness increasing* strategies, including tips for how to practice gratitude!



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### Read more about this book and the author:

<http://thehowofhappiness.com/>

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## References:

- Lanham, M. E., Rye, M. S., Rimsky, L. S., & Weill, S. R. (2012). How gratitude relates to burnout and job satisfaction in mental health professionals. *Journal of Mental Health Counseling, 34*(4), 341-354.
- Lin, C. C., & Yeh, Y. C. (2013). How gratitude influences well-being: A structural equation modeling approach. *Social Indicators Research, 114*(3), 1-13.
- Emmons, R. A., & McCullough, M. E. (2003). Counting blessings versus burdens: An experimental investigation of gratitude and subjective well-being in daily life. *Journal of Personality and Social Psychology, 84*(2), 377-389.

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