



**SAFE HARBOR
COUNSELING**

**Dr. Beth
Speaks**



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WSPY, Your Life Matters, Gratitude

Mike Williams And welcome in. It is time for **Your Life Matters** with **Clinical Social Worker Dr. Beth Placketka** from **Safe Harbor Counseling** and **Dr. Beth Speaks**.

Mike Williams Dr. Beth, good morning. How are you today?

Dr. Beth Placketka I'm great Mike. How are you?

Mike Williams Doing alright!

Dr. Beth Placketka So good to be here!

Mike Williams Yeah it's a busy week. Lot of folks getting set for Thanksgiving which is kind of fun.

Dr. Beth Placketka It's right around the corner.

Mike Williams It is.

Dr. Beth Placketka And I think it's a really good time to take a look at what gratitude does for us. There are so many countries that celebrate Thanksgiving of a type throughout the world that we know that it has a lot of benefits. And so often as clinicians we have clients keep a gratitude journal because we know that it helps them and surprisingly it helps in seven ways.

Mike Williams A gratitude journal, before we get into the seven ways, what is a gratitude journal? Can you explain what that is?

Dr. Beth Placketka It can be a small notebook or could be a fancy little one that you get some place, but at the end of the day or throughout the day, you write down things that you are grateful for. It could be your health. It could be a job, but it also could be that like maybe there was an accident and you came out well, or that you learned something through a negative event. Somebody said something unkind, and you thought I didn't know I came across that way. Thank you for making me be aware. So to put things in a positive vein so that our events of our life don't run us over.

Mike Williams Ok so a nice way to just kind of reinforce some positive things that are going on. Taking notice of even simple things that are nice and positive and good and making a record of that, I guess.

Dr. Beth Placketka Exactly and again keeping ourselves from being a victim because when we are grateful were in charge.

Mike Williams Sounds good! So the benefits, you mentioned seven of them.

Dr. Beth Placketka Yeah! Here's one of them. One of them is when we develop more relationships when we say thank you to someone. What we've actually done is accepted the gift of whatever they did, holding the door, giving us a cookie, an actual big gift. So if we want to have more relationships, gratitude is the way to do it.

Mike Willams Ok.

Dr. Beth Placketka Another one is physical health. We notice, statistics show, grateful people experience fewer aches and pains and report feeling healthier and then because they feel healthier, they take better care of their health.

Mike Williams Yeah and I think people with bubbly personalities, they always seem to be outgoing and that kind of thing kind of correlates.

Dr. Beth Placketka Exactly!

Mike Williams With a good positive mental attitude, I guess, is one way to put it, and they always seem to be kind of in good spirits.

Dr. Beth Placketka Right and the energy keeps them going.

Mike Williams Right ok.

Dr. Beth Placketka Another one is psychological health. You know things can wear us down and what it does is, it helps us when we're grateful for things that go on our life, it helps us get rid of the toxicity in our lives, the poison. We forget about being envious and frustrated because we know there's good things going on in our lives as well.
Another thing it does, number four, is that it enhances empathy and reduces aggression. Empathy, of course, means that we can understand how someone else feels. It doesn't mean that we feel sorry for them. By given the same situation we can predict what they would feel. So if I said, "unfortunately my dog died." Many people would be able to respond, "that would be terrible." That's empathy. Aggression of course, is acting out unkindly or aggressively toward others, and so we know that when people behave in a pro-social or a positive way, in a gratitude way, they feel better about themselves.

Mike Williams This next one is a big one, I kind of like this because I think we all need a little more sleep. Right?

Dr. Beth Placketka Oh yeah! Sleep helps us be grateful, by the way, but also when we are not grateful, it interrupts our sleep. It makes us anxious while we are sleeping. Our dreams don't get finished. We wake up sometimes in the middle of the night between 2:00 am and 4:00 am. We can't get back to sleep as we ruminate over the other things. Not really sure how to fix it. So turning to gratitude helps.

Mike Williams So there is a way, right before you go to bed to maybe if you are keeping this journal that you mentioned or just kind of jotting down some things that you're grateful for, and it is a nice way to go into that sleep with a positive feeling.

Dr. Beth Placketka Exactly! Also on days when you're feeling a little bit low when you get up or you are off kilter because you got up at an odd time, it is great to reread that and think, hey my life is pretty good.

Mike Williams Sounds good. Alright we have two more.

Dr. Beth Placketka One is self-esteem, how we feel about ourselves. Not because we are all that but because we do have gifts and skills that we can use to compensate for our weaknesses and that gratitude journal or gratitude attitude helps us identify them. The last one is mental strength. Not only does it induce strength but helps us overcome trauma. We all have terrible things that happen throughout our lives, and it gives us the opportunity to go back to a strong foundation that things have been ok, and we can move on forward. So recognizing that we have a lot to be thankful for really does foster resilience which is the thing we need most to get throughout our lives, and our lives matter.

Mike Williams Talking about being grateful on Thanksgiving week. Any final points?

Dr. Beth Placketka

If you look at the website, we have a couple of books that might be interesting, *The 90 Day Gratitude Journal* and *The Little Book of Gratitude*. Books that listeners might want to check out.

Mike Williams

Thanks as always for your time and we will do it again next week.

Dr. Beth Placketka

Ok. Sounds good! Thanks Mike.

Mike Williams

That is all the time we left for today. Don't forget you can submit your questions at **safeharboril.com** and tune in next Monday morning for **Your Life Matters** right here on **WSPY**.

