



Landelijke dag Mindfulness  
7 oktober 2022

Gratitudo

Ernst Bohlmeijer

# Attitudes for mindfulness

Kabat-Zinn

1. Non-judgement
2. Patience
3. Beginners' mind
4. Trust
5. Non-striving
6. Acceptance
7. Letting go

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- 8. Gratitude**

# Moral affect

Gratitude typically results from and stimulates moral behaviour, that is, behaviour that is motivated out of concern for another person.

Michael McCullough & Robert Emmons

UNIVERSITEIT TWENTE.  
Center for eHealth & well-being

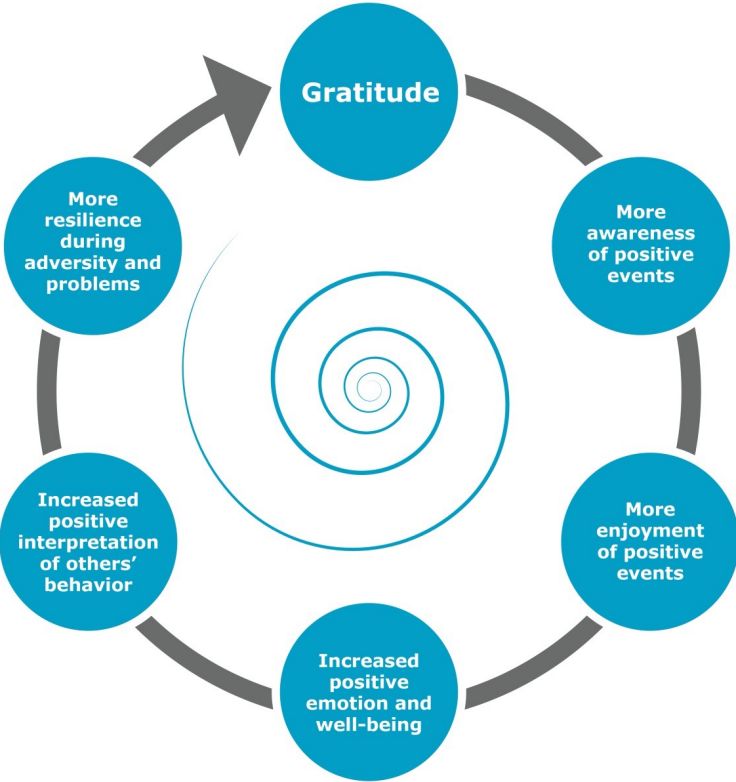
# Appreciation of good & goodness

- Sense of abundance
- Simple pleasures
- Appreciation of contribution of other's to one's well-being

(Philip Watkins, 2004)

# Amplifying the good

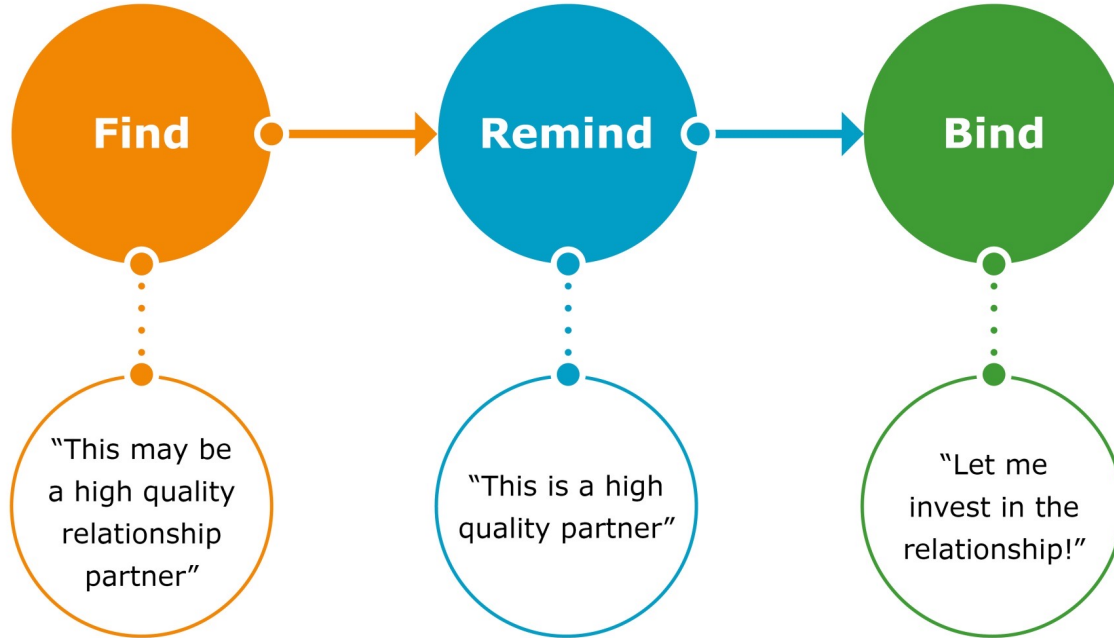
positive spiral



# Functions of emotions

1. To draw attention to a notable situation?
2. To coordinate a response to that situation?

**So, what functions could gratitude have for relationships?**



Sara Algae, 2012





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RESEARCH PAPER



# Promoting Gratitude as a Resource for Sustainable Mental Health: Results of a 3-Armed Randomized Controlled Trial up to 6 Months Follow-up

Ernst T. Bohlmeijer<sup>1</sup> · Jannis T. Kraiss<sup>1</sup> · Philip Watkins<sup>2</sup> · Marijke Schotanus-Dijkstra<sup>1</sup>

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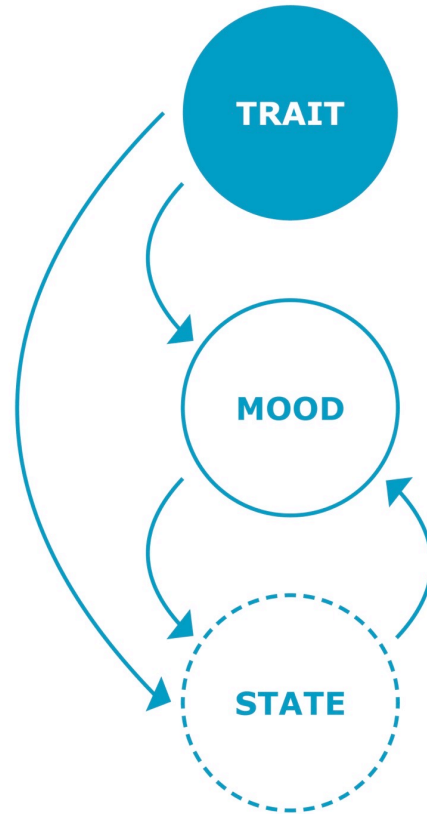
# Study at the UT

**Public mental health:** target group adults with distress and/or suboptimal well-being

Advertisement in national newspapers and social media

- 6-week gratitude intervention (n=85)
- 6-week acts of kindness to oneself intervention (n=85)
- Waiting-list control group (n=84)

## THREE LEVELS OF GRATITUDE



**In the past 24 hours I have felt grateful**

1. This does not apply to me at all
2. This largely does not apply to me.
3. This somewhat does not apply to me.
4. Neutral
5. This somewhat applies to me
6. This largely applies to me
7. This totally applies to me

# Gratitude intervention

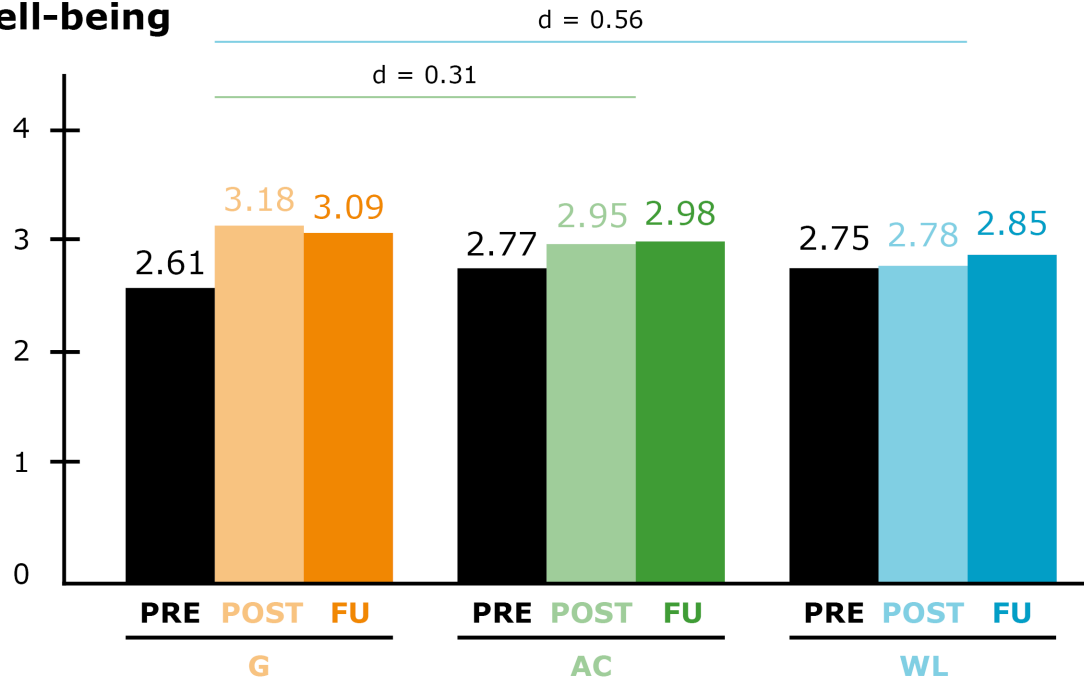
- Journaling
- Expressing gratitude
- Mental subtracting
- Grateful life-review
- Grateful processing difficult events
- Living with grateful intention

# Study

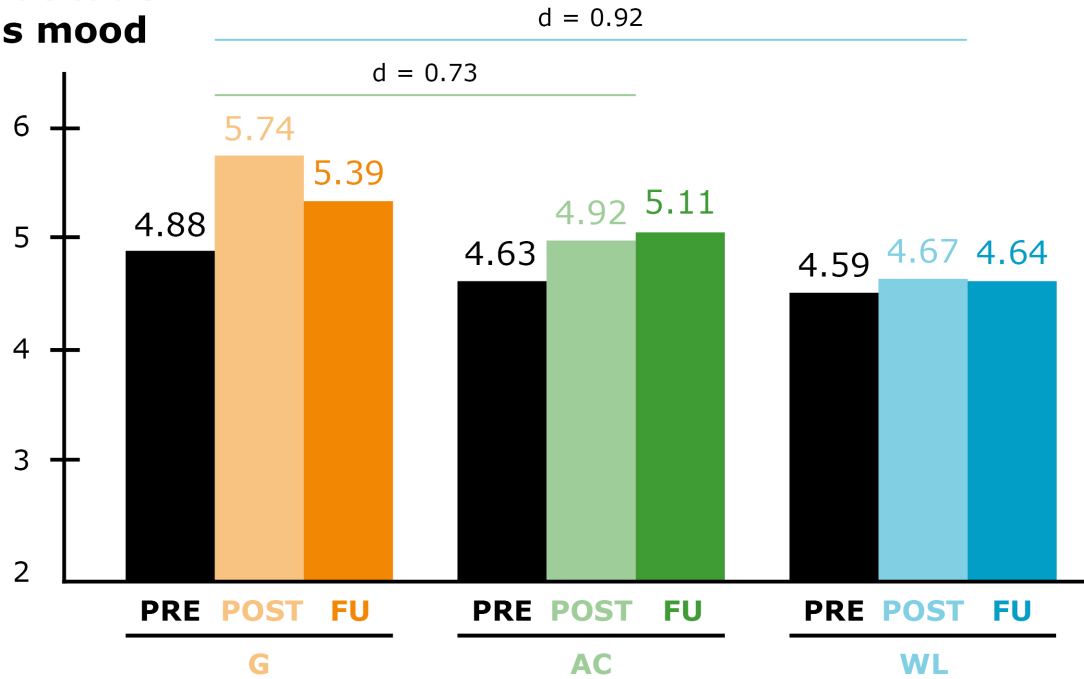
## Measurements

- PRE
- POST ( 6 weeks)
- FU 1 (3 months)
- FU 2 (9 months)

## Well-being

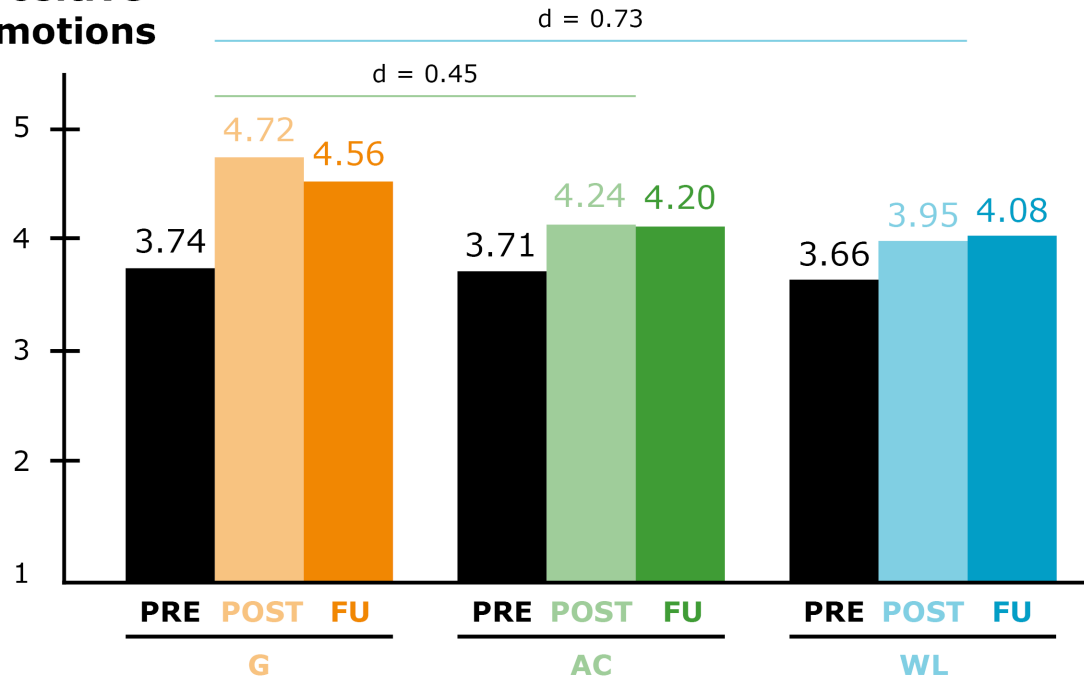


## Gratitude as mood





## Positive emotions



# ZENN



[www.utwente.nl/zenn](http://www.utwente.nl/zenn)



Learn about the power of gratitude through videos and text



Daily reflection on the good things in life



Inspiratie


Take pictures of things you are grateful for



Receive a quote about positivity daily

# Interested in further reading?





Thank you for your attention  
Ernst Bohlmeijer  
[www.voluitleven.nl/dankbaarheid](http://www.voluitleven.nl/dankbaarheid)