

Athletes who are grateful have increased team satisfaction, lessened athlete burnout, and greater overall well-being⁵

People who think daily about what they are grateful for have increased **determination, attention, enthusiasm, optimism, and energy**⁵

Gratitude increases athlete's **self-esteem**, an essential component to optimal performance⁵

89.4%

of UVA students believe that helping others fulfill their potential helps them thrive⁴

**HOO
KNEW?**

**FAST
FACTS**

GRATI- HOO-D

**STOP THE
SABOTAGE**

**CULTIVATING
GRATITUDE**

Gratitude is the quality of being thankful; readiness to show appreciation for and return kindness by thinking outside of "YOU." ¹

**PRACTICING
GRATITUDE**

It is easy to compare our own situations to other people's situations. Avoid the following:

- **Bringing others down**- Thinking of others positively has been proven to better your mood and increase your happiness; Stop the gossip⁴
- **Social comparisons**- Keeping score of how other people are worse off than you has no positive impact.

Feelings of gratitude can benefit physical, emotional, and social well-being. Practice choosing gratitude by:

- **Reflect and say "thanks"**
- **Journal**- Appreciate the positive aspects of your life and write it down.

Gratitude for the OPPORTUNITY

- Be grateful for your *chance* to participate in a sport
 - Time investments of your coaches
 - Fan and community engagement and support

Gratitude for the BIG PICTURE

- Be grateful for that *thing* that drives you to be your best
 - Pulling up your teammates and working as a group
 - Pushing yourself harder than you ever thought possible

Gratitude for the PROCESS

- Be grateful for the things that can't be scored
 - Mental training and toughness
 - Organization and balancing skills
 - Resilience and ability to face adversity

RESOURCES at UVA:

Jason Freeman
jf4z@virginia.edu

Karen Egan
kpe4g@virginia.edu



¹Gratitude. Entry 1. (1884). In *Oxford English dictionary online* (2nd. ed.)

²Zahn, R., Moll, J., Paiva, M., Garrido, G., Krueger, F., Huey, E., & Grafman, J. (2009). The neural basis of human social values: evidence from functional MRI. *NCBI, 19*(2), 276-283.

³Vaish, A., Grossmann, T., & Woodward, A. 2008. Not all emotions are created equal: The negativity bias in social-emotional development. *Psychological Bulletin, 134* (3), 383-403.

⁴University of Department of Health Promotion. (2015). *Spring 2015 health survey* [Stall Seat Journal Poster Volume 16-Issue 12].

⁵Chertok, G. (2011, November). The power of gratitude. *American College of Sports Medicine*.