

GRATITUDE

SUPER SKILLS

WHAT IS

Gratitude, the quality of being thankful, is to appreciate (non-materialistic) aspects of life and a willingness to acknowledge that others play a part in our emotional well-being. It is an emotion strongly connected with mental health, life satisfaction, optimism, self-esteem, social relationships, and happiness that lasts throughout life.

It is an essential skill in achieving self-awareness and self-management.



Grateful children treat others with respect.

Grateful people are happier and more satisfied with their lives, friends, family, community, and selves. They experience more hope, optimism, and self-esteem and perform better at school and work.

Gratitude is connected with more compassion, giving rise to stronger relationships. It is also associated with healthier lifestyles, improved sleep, a more robust immune system, and fewer negative emotions such as envy, depression, feelings of loneliness, and materialism.

Gratitude contributes to hope, resilience, and post-crisis coping. It can help us manage emotions such as loss and stress.

Gratitude can increase essential neurochemicals. An optimistic mindset releases feel-good neurochemicals such as dopamine, oxytocin, and serotonin.

WHY GRATITUDE MATTERS



Did You Know?

Teaching children empathy, positivity, and sharing are fundamental in fostering gratitude.

Gratitude is one of the Super Skills promoting Social and Emotional Learning (SEL).

**Listen
FIRST**

THE SCIENCE OF SKILLS
Listen First, a UNODC initiative to support happy, healthy and nurturing families.

www.unodc.org/listenfirst



THE SCIENCE OF SKILLS

UNODC's Listen First materials support the development of children that will grow to be happy, successful persons in their communities. Children who develop social and emotional learning and life skills can navigate the good days and challenges of life. They are also a part of an effective and evidence-based substance use prevention approach.

SELF MANAGEMENT

Being able to regulate one's emotions.
Do you think before acting?
Do you set and achieve goals and plans? Do you recognize anger?

RESPONSIBLE DECISION MAKING

The ability to make decisions about your life and others.
Do your decisions have a positive impact on others?
Do you use critical thinking skills to set priorities?

STRESS MANAGEMENT

Being able to make changes to your life if you are in a stressful situation.
Do you prevent stress by practicing self-care and relaxation?
Do you manage your response to stressful situations when they do occur?

SELF AWARENESS

To recognize one's emotions and behavior.
Do you know your emotions?
How do they influence your behavior?

Grow Your
Super Skills
AND THRIVE!

RELATIONSHIP SKILLS

The ability to build positive relationships, especially with diverse groups.
Do you use communication skills such as active listening, and conflict resolution?
Do you practice empathy?



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