

JUNE 2026 EBP TIP OF the Month

BENEFITS OF GRATITUDE

Brought to you by

ICIS Interagency Council on
Intermediate Sanctions



The Benefits of Gratitude

- In Cognitive Behavioral Therapy (CBT), gratitude acts as a powerful tool used to change negative thinking patterns.
- **Cognitive Restructuring:** Practicing gratitude breaks loops such as self-blame, anger, catastrophizing, all-or-nothing thinking, or feeling victimized.
- By identifying things to be grateful for, we learn more balanced, realistic, and positive perspectives.
- Use a **gratitude list** to remember all the positive people, places, things in our lives 😊. Review it often or make a new list every day!

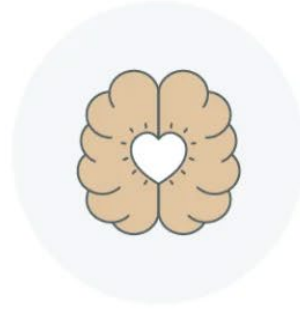
The Benefits of Gratitude



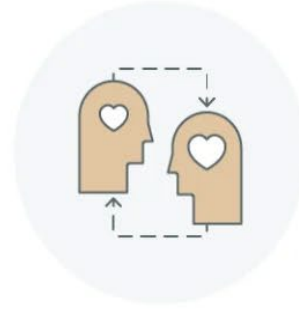
**IMPROVES PHYSICAL
HEALTH**



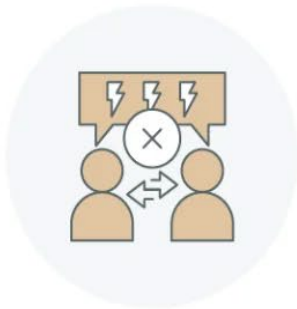
**IMPROVES
SLEEP**



**IMPROVES
PSYCHOLOGICAL HEALTH**



**INCREASES
EMPATHY**



**REDUCES
AGGRESSION**



**MORE SOCIAL
CONNECTION**



**ENHANCES
SELF-ESTEEM**



**IMPROVES MENTAL
STRENGTH**



Gratitude

LIST

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Tip of the Months Related Topics

May 2022: Anger Inventory

April 2023: Positive Reinforcement

March 2024: OARS: Responding to Emotions

ICIS Website for Tip of the Month: <http://icis.hawaii.gov>