

Practising Gratitude

Anyone can practise gratitude, inmates too!

PRACTISING GRATITUDE means to purposefully recognise positive experiences in life and be thankful for them

People can practise gratitude by



Thinking
about their life experiences and what they feel grateful for



Writing
down positive encounters they had with others



Doing
good by giving thanks or lending a helping hand to others

Research studies have found that inmates who practise gratitude gain some promising benefits:

Increased well-being^{1,3}



Decreased negative feelings^{2,3}



when one practised gratitude frequently over a few weeks

How does gratitude practice work?

Practising gratitude builds one's psychological resources for positive thinking and coping. This can be tapped on when one faces difficult situations.

What can you do to encourage inmates to practise gratitude?



1 Start the ball rolling - let them know what you feel grateful for and prompt them to share as well!



2 Lend an ear and help them recognise positive learnings from their sharing of past experiences!



3 Encourage them to write down 2 things they are grateful for regularly (e.g., daily or weekly)!



4 Acknowledge their efforts to reflect on positive experiences and to show acts of gratitude!

¹ Deng, Y., Xiang, R., Zhu, Y., Li, Y., Yu, S., & Liu, X. (2019). Counting blessings and sharing gratitude in a Chinese prisoner sample: Effects of gratitude-based interventions on subjective well-being and aggression. *The Journal of Positive Psychology, 14*(3), 303-311. <https://doi.org/10.1080/17439760.2018.1460687>

² Lin, L. A. (2014). The Effects of a Gratitude Intervention on the Subjective Well-being, Pro-social Behaviour, Aggression of Male Young Offenders at the Singapore Prison School (Master's thesis).

³ Yang, Y., Zhao, H., Aidi, M., & Kou, Y. (2018). Three good deeds and three blessings: The kindness and gratitude interventions with Chinese prisoners. *Criminal Behaviour and Mental Health, 28*(5), 433-441. <https://doi.org/10.1002/cbm.2085>