

WTNS Radio OSU Extension Update for October 30, 2023
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about gratitude, and as always look at some upcoming programs from OSU Extension.

I recently typed "gratitude and health" into an internet search engine and there were over 200 million links to choose from. Over the past decade, this has been a popular topic to study. The New York Times even had a feature article about the relationship between gratitude and health just a couple of months ago.

The Mayo Clinic offers a few different series of virtual wellness programs. These include topics like kindness, gratitude, and even slimming your screen time – all to improve your overall health and wellness. For the gratitude program, they encourage participants to write in a journal every day for 30 days. This is a common practice that has shown positive results in increasing our sense of well-being.

There are often suggestions to thank people in our lives either directly or through handwritten notes and letters. After a recent Sunday School lesson about praying through the Psalms, I also think it is important for believers to practice gratitude towards the Lord as we were created to do this.

A 2015 study researched "The Role of Gratitude in Spiritual Well-being in Asymptomatic Heart Failure Patients." The researchers concluded that gratitude and spiritual wellbeing are related to better mood and sleep, less fatigue, and more self-efficacy, and that gratitude fully or partially mediates the beneficial effects of spiritual wellbeing on these endpoints.

Gratitude has also been shown to help people who are suffering with chronic pain. An article in Psychology Today highlighted a 2019 study that looked at gratitude's effect on fear of movement, pain self-efficacy, and pain anxiety in adults with arthritis. According to author Simran Datta, "A profound fear of movement can create a decreased sense of pain self-efficacy, creating more pain anxiety, and the cycle repeats. Gratitude journaling shows promise to interrupt this chronic pain cycle."

Gratitude can lessen anxiety, relieve stress, improve sleep, boost immunity, and even support heart health. The Live Healthy Live Well team at OSU Extension created a “Gather Your Gratitude” 6-week Email Wellness Challenge for participants to learn more about a variety of wellness topics related to gratitude.

The email challenge connects participants with tips, research, and resources to share the ways gratitude can improve your health. Go to go.osu.edu/lhlwcoshocton and answer a few short questions to get registered. I will send participants one email per week, beginning this week through mid-December. Participants will have access to optional resources available including the OSU Extension Live Healthy Live Well Blog, a free Wednesday wellness webinar series, and a tracking challenge bingo card. Pre-and post-challenge online surveys will be used to track participant progress and comments.

Regardless of whether you participate in the email challenge, you are invited to join in one or more webinars focused on different aspects of gratitude and wellness. These free sessions take place Wednesdays from 12:00 to 12:30 p.m. beginning November 1. Register for the links at go.osu.edu/lhlwwebinars .

Session topics include:

November 1- An Attitude of Gratitude, November 8- Financial Benefits of Gratitude, November 15- All the Little Things, November 29- Teaching Gratitude to Children (and others), December 6- Gratitude through Movement

The “Gather Your Gratitude” email challenge and webinar series will allow you to explore a variety of ways you can celebrate gratitude in your own life and encourage it with others. And our hope is that it improves your health and wellness along the journey.

And now let’s look at what’s new from OSU Extension.

I continue to offer free Individual Financial Coaching for anyone who would like to explore possibilities for paying off debt, to manage your budget better, or set some goals of what you would like to accomplish with your money.

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!