

BLUE ZONES

“The ingredients of health and long life, and great temperance, open air, easy labor, and little care.” – Philip Sidney



St. John the Evangelist Catholic Church on June 8 had planned to team up with Blue Zones Project Southwest Florida to inspire an Attitude of Gratitude with a daily Bellagram. SHUTTERSTOCK

Blue Zones Project and St. John the Evangelist Church inspire an attitude of gratitude

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What are you grateful for? This very question can make all the difference in how you navigate through these difficult times and can directly influence your mental and physical well-being.

In fact, according to a 2012 study published in Personality and Individual Differences, grateful people experience fewer aches and pains and they report feeling healthier than other people.

It is also no surprise that grateful people are more likely to take care of their health which contributes to longevity. Also, gratitude is a key factor in increasing happiness and building resilience. A 2003 study published in the Journal of Personality and Social Psychology found that gratitude was a major contributor to resilience following the 9/11 terrorist attacks.

St. John the Evangelist Catholic Church on June 8 had planned to team up with Blue Zones Project Southwest Florida to inspire an Attitude of Gratitude with a daily Bellagram. Each day, St. John the Evangelist Church is ringing its bell at 2:20 in remembrance of the first American citizen who died of COVID-19 on Feb. 8 at 2:20 p.m. This is also the time to honor the courageous individuals working to keep our community and nation safe during this pandemic.

Community members are encouraged to submit a gratitude request to Blue Zones Project by emailing BlueZonesProjectSWFL@ShareCare.com with the first name and occupation or relation (First Responder, Teacher, Nurse, Mom, Dad) of the person

that they would like to thank.

The list of these names are displayed and regularly updated on the church's website at <https://bit.ly/2zNnTXI>. Names and occupations that have been recognized on the website include grocery store clerks, nurses, pharmacists, assisted living facility staff, and clergy.

Participating in the Blue Zones Project and St. John the Evangelist Catholic Church Bellagram is a great way to cultivate gratitude in your life. Here are 10 more simple ways to experience gratitude:

- Write a thank-you note to someone who has impacted your life
- Keep a daily gratitude journal
- Give back to your community or offer help to those in need
- Say a kind word to someone or give a genuine compliment
- Refrain from complaining. While there are some things that happen that are easy to complain about, a simple refocusing on what is going right in your life can make all the difference.
- Give a gift to someone. It doesn't have to be fancy or expensive as a little gift can go a long way
- Quiet reflection. Set some time aside to clear your mind of all the have to's, should haves and could haves, and really take time to reflect on all that you have.
- Say a word of thanks before each meal whether it is to yourself or with those you are sharing the meal with
- Research articles or read a book on gratitude that will help you understand the impact gratitude has on your life and others
- Write a positive online review for a business that you recently visited