

## How Gratitude Can Bless Your Life

Life is not fair. It never was, and it never will be. And it is never more apparent than it is today in the age of social media.

Picture this: as you are scrolling through your feeds, you see snapshots of a friend getting married in a lavish, fairytale-like wedding ceremony. A high school classmate is now living the dream, showing off his newly bought luxury car. A colleague gets promoted to a high-paying position.

Your neighbors travel to places you can only dream of visiting. Or worse, you're being affected by something as trivial as a friend getting more likes and comments on their posts than yours. Whether we realize it or not, we almost always end up comparing ourselves to others. This inevitably leads to feeling inferior.

A [recent study](#) even showed that frequent use of social media increases the likelihood of depression. All these negative feelings of inferiority can easily be avoided. There is one essential attitude that will ultimately lead us to happiness – gratitude.

### What Gratitude Is

Gratitude is appreciating what we already have. It is recognizing that everything that happens, whether good or bad, serves a purpose and can be for our good. It is being thankful for the little things that we otherwise take for granted.

That small apartment you currently live in that you're complaining about? Think of the people living in the streets who would be thrilled to simply have a roof over their head. That bland-tasting food they served at lunch? Hungry kids from poor places would be over the moon feasting on that. That high-end smartphone that you can't afford to buy? Some families couldn't even pay for basic needs such as food and electricity, let alone pricey gadgets. That 9 to 5 work that you dread performing every weekday? Some people couldn't even land a job even if they tried.

Oftentimes, in our pursuit of the things that we want, we tend to forget to recognize the things that we are blessed with. Yet if we make a concerted effort to think about the little things we already have, no matter how meager or humble, and express sincere gratitude, we will realize how fortunate we actually are and that life is not as bad as we think after all.

### Gratitude has health benefits

The toxic culture of comparison in social media negatively affects our mental and emotional well-being. Gratitude, on the other hand, brings about an abundance of positive benefits, not only emotionally but even [physically and mentally](#) too.

Grateful people tend to sleep better, experience fewer aches and pains, and become mentally stronger. Gratitude also reduces stress and diminishes toxic emotions leading to good psychological health as

well. So when you're grateful, you will not only feel good emotionally, your body and mind will also actually benefit tremendously.

### **Gratitude is the true key to happiness**

Everything that we do in life is geared towards our pursuit of happiness. And while there is absolutely nothing wrong with desiring for more – a bigger house, nicer car, more delicious meals, more zeros in our bank accounts – this seemingly endless chase of material wealth more often than not eventually only leads to disappointment and misery.

[To be truly happy, simply choose to be grateful.](#) Pursue whatever worthwhile endeavor you desire in life, but never forget gratitude every step of the way. For it is only with the attitude of gratitude that we can truly see how richly blessed we are.

And so even if you are struggling right now, be grateful. For in these struggles you develop the strength you need to overcome life's adversities. If you have experienced failures, be grateful. For temporary setbacks keep our feet planted firmly on the ground and prepare us for greater things to come. If you've made questionable choices in life, be grateful.

Those experiences will serve as valuable lessons you can carry and share for the rest of your life. And if you do not like the life that you have right now, do something about it but still be grateful. Grateful that you are still alive and kicking and is just one decision away from turning it all around.

No matter how unfair and how difficult life maybe, if you only take the time to think about it, there is always, ALWAYS, something to be grateful for.