

Stress and Bioenergy Changes in Response to Short Term Gratitude Journaling

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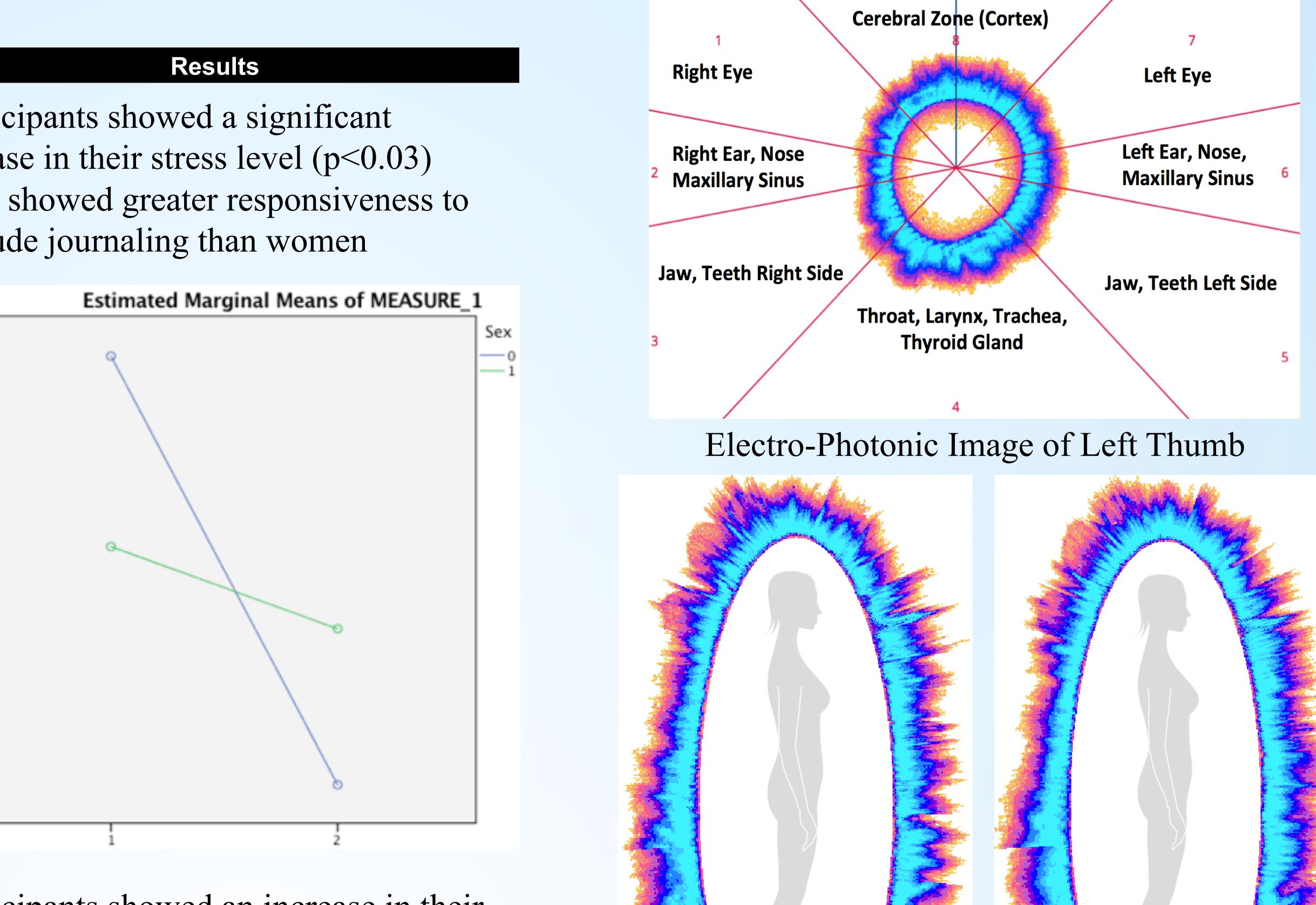
Abstract

People who keep a regular gratitude journal have been shown to be happier and calmer regardless of their social standing or lifestyle. In this study, we sought to understand how short term gratitude journaling might affect an individual's energy system, or biofield, as well as sense of gratefulness.

Results

- Participants showed a significant decrease in their stress level (p<0.03) - Men showed greater responsiveness to gratitude journaling than women

Estimated Marginal Means of MEASURE_1



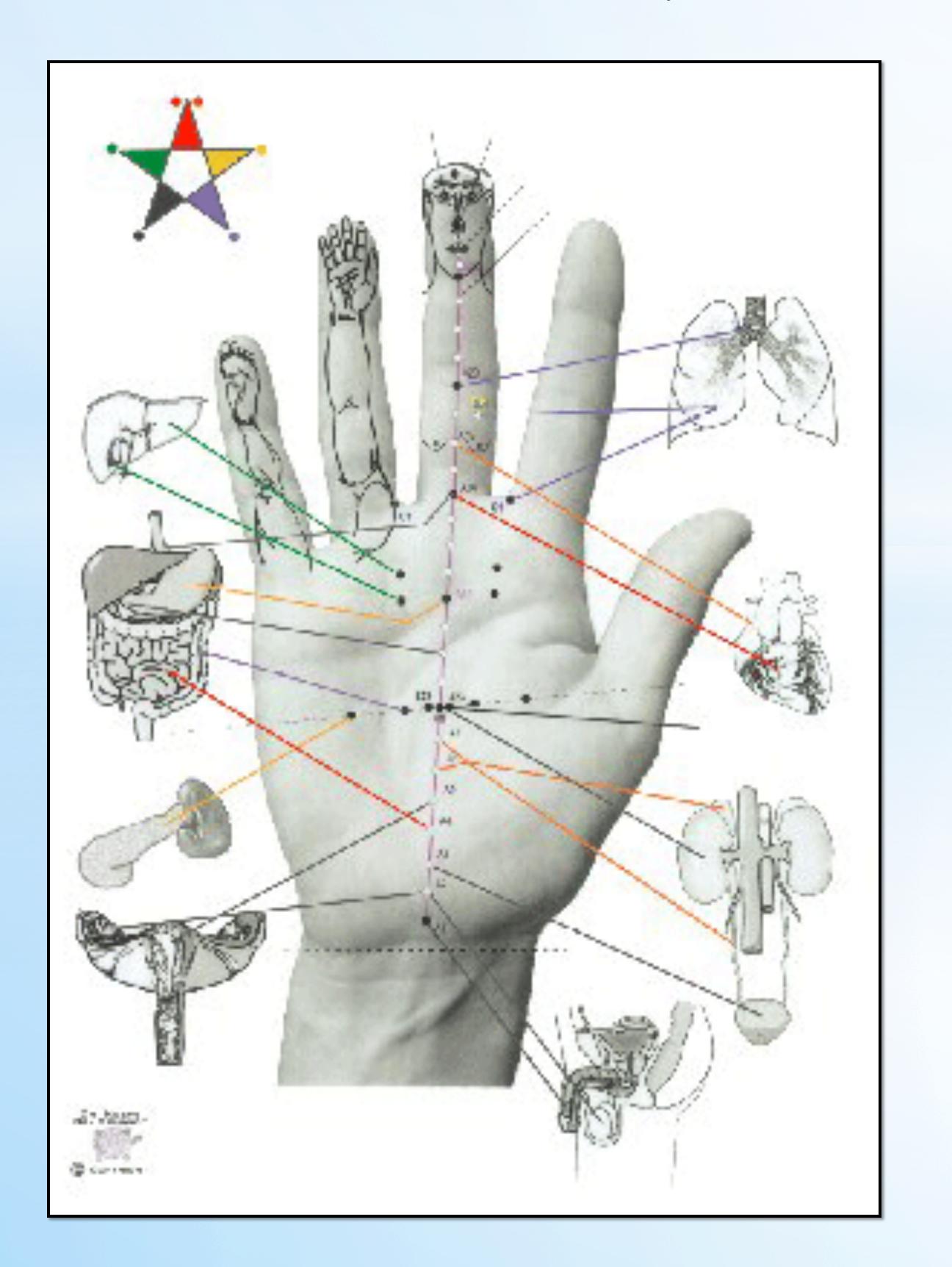
- We studied 26 women and men (mean age 30.2 years, SD=19.8) prior to and following a brief 10 minute gratitude journaling exercise.

Methods

- Sense of gratitude was assessed using the Six-Item Gratitude Questionnaire (GQ-6).

- We used the Bio-Well device to assess potential changes in their energy field based on the Chinese meridian system.

- Participants showed an increase in their energy balance across different

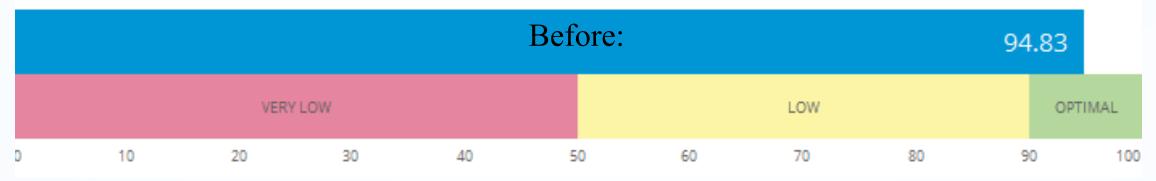


physiological systems (p<0.05)

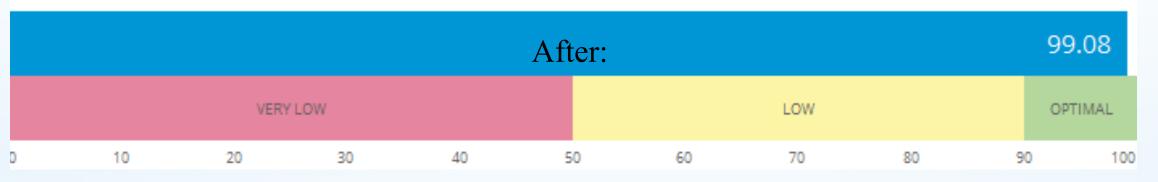
L/R SYMMETRY: Optimal

Esti

2.6

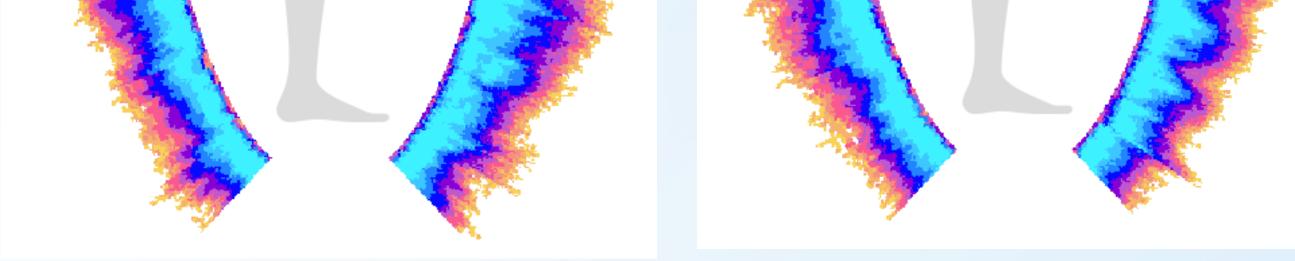


L/R SYMMETRY: Optimal



- We observed that GQ-6 scores increased significantly in response to journaling (p<0.05).
- The average total score increased from 36.5 to 38.8 after the journaling





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Extrapolated Composite Scan from before and after journaling

Conclusion

- From these findings we can observe that gratitude journaling, even for as short as 10 minutes, can have measurable effects on sense of energy and wellbeing of an individual.

- This type of brief no-cost intervention could potentially be incorporated into therapy and other longer term healing procedures to improve mental wellbeing. - Further long-term research may prove physical medical benefits to gratitude journaling due to decreased stress or increased energy balance.

Netfix GPS in a new city . my Gators being a winning team this year z · warm fall days 5 · beautiful weather in New Orleans · beautiful fall colors · shrimp& grits · my sweet dog , Bentley relaxing afternoon in City Park 3 . delicious Chemex coffee 14 . spending the day exploring with Mark · being able to explore my passions · Begnets & coffee • my on-so-amazing Instagram followers 9 • my new fountain pen! (it writes so pretty!) the gorl at Goor in Bros. 7 50 helpful! 17 . long layover in Chicago to take a map · a job that I love the goy that picked up my notebook when I dropped it. being able to choose my own way
 a husband that lets me be myself & loves me for it how excited Bentley was when I got home 18 · sleeping like a rock in my own bed ywmmy, glorious coffee
great energy at work tonight!
19 Mark is on his way home early!
moustache stationery sent me a cool gift box()
my pretty new leather journal smells so good!
20 Kim asked me to draw the doodles for Dec. "planwithme () my gorgeous, smart doughter · long naips on rainy days 6 · the internet (fountain of knowledge) my grandmother teaching me her mad cooking skills whoever invented ice cream. 7 . being financially able to fly to NOLA . my trusty Bullet Journal: I'd be lost without it! · Mark is home !!! " cooking & not having to clean up the kitchen 21 · 500 YT subscribers on day ONE! What?!? () · cooking dinner for the best husband ever pretty pretty fountain pen ink 8 . not coffee on a cold morning. · My Mom, for sending me a pressure cooker ! (3) 22 . my beautiful new fountain pen! Visconti Van Gogh · long naps - again! 9 . not having to go to work today . the pizza delivery guy . the amozing planner community all of the love on YouTube Watching Mark enjoy his birthday gift 3. Spending all day making Etsy orders 10 · ibuproten the joy of writing. my amazing supporters & cheering squad work-for the free turkey: world! the most cuddly puppy in the world! food delivery when I don't feel like cooking. · the wealth of knowledge on YouTube 1 · Bullet Journal Junknes