



# Stress and Bioenergy Changes in Response to Short Term Gratitude Journaling

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## Abstract

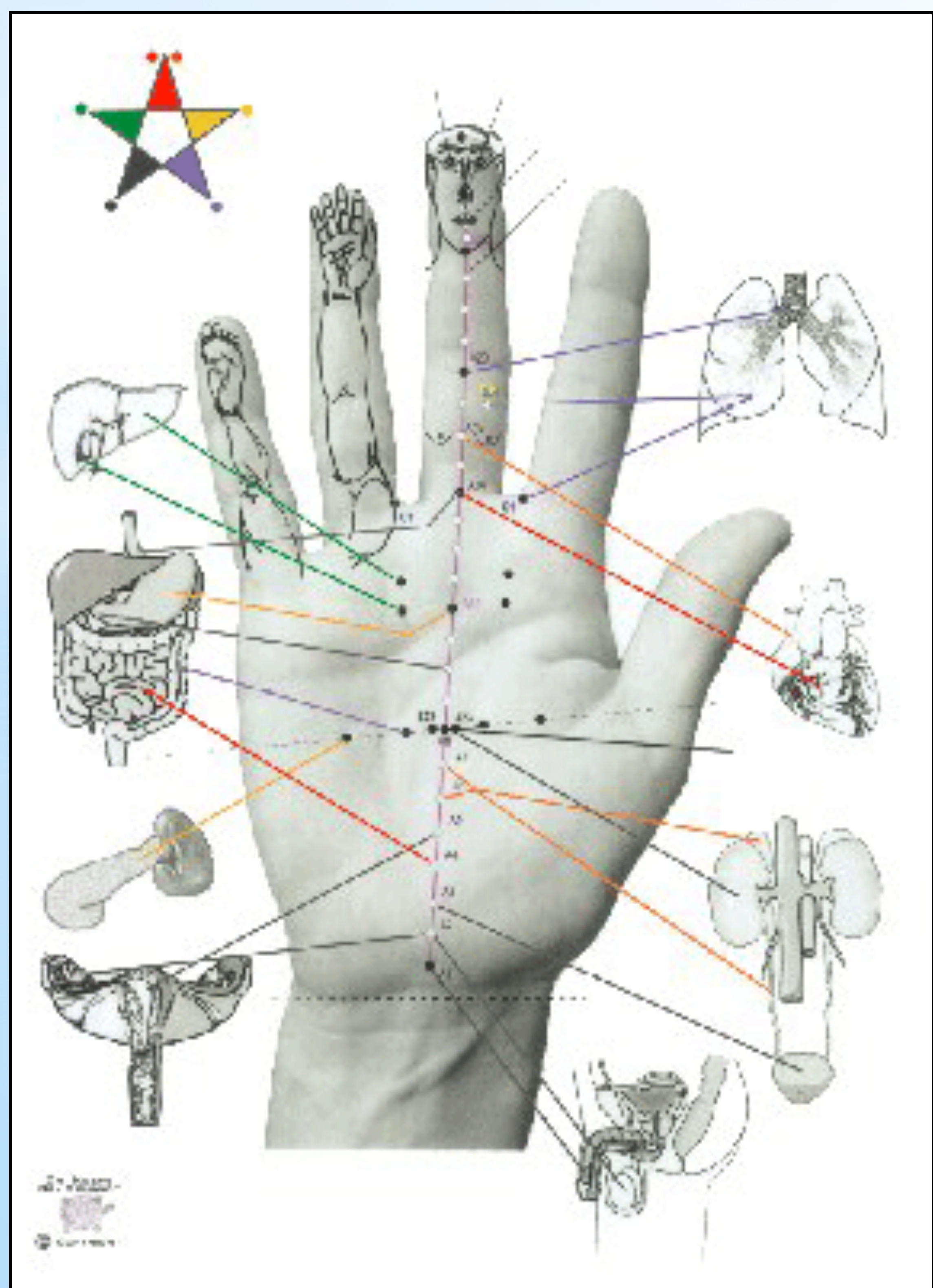
People who keep a regular gratitude journal have been shown to be happier and calmer regardless of their social standing or lifestyle. In this study, we sought to understand how short term gratitude journaling might affect an individual's energy system, or biofield, as well as sense of gratefulness.

## Methods

- 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.

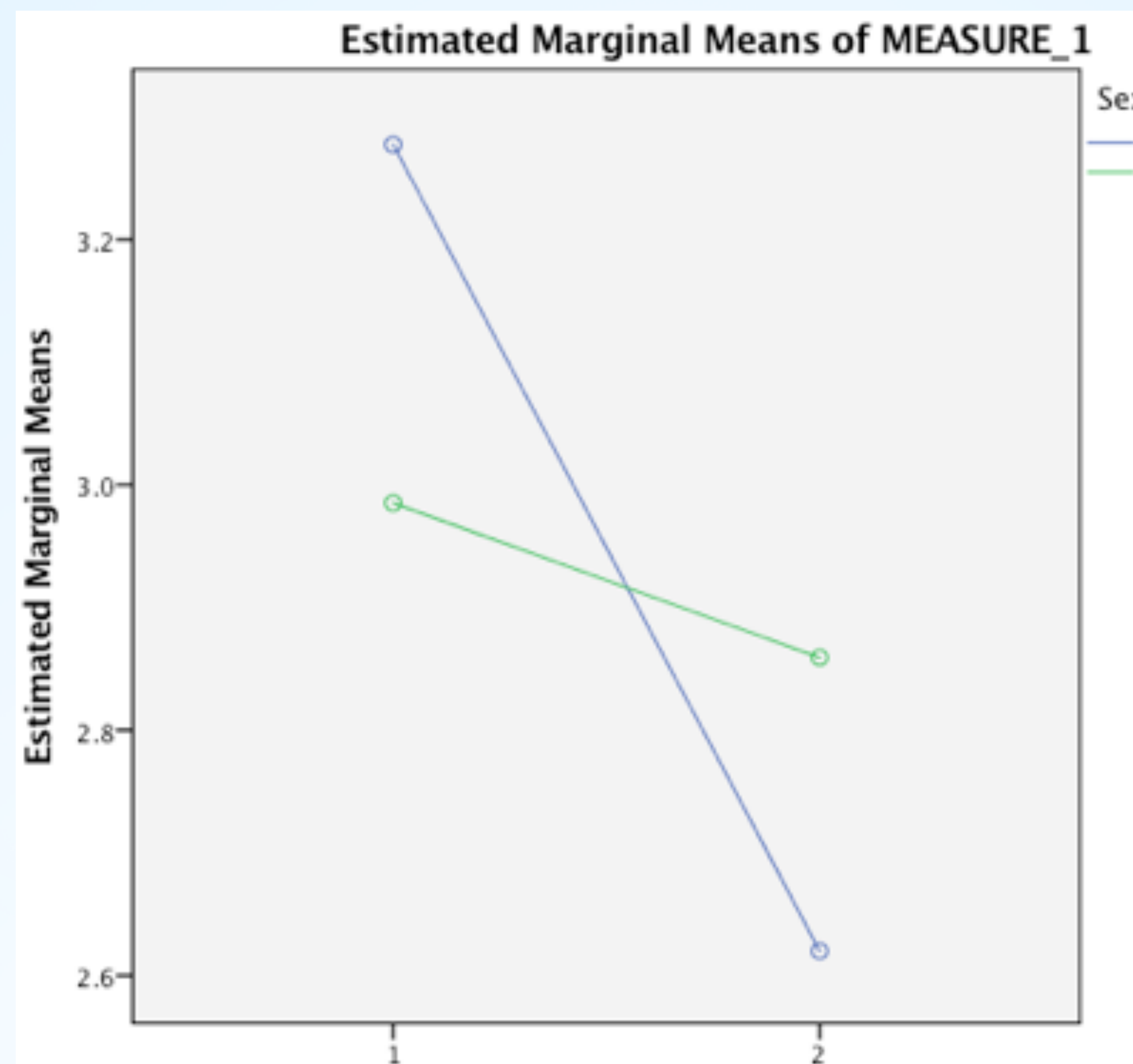
- Sense of gratitude was assessed using the Six-Item Gratitude Questionnaire (GQ-6).

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



## Results

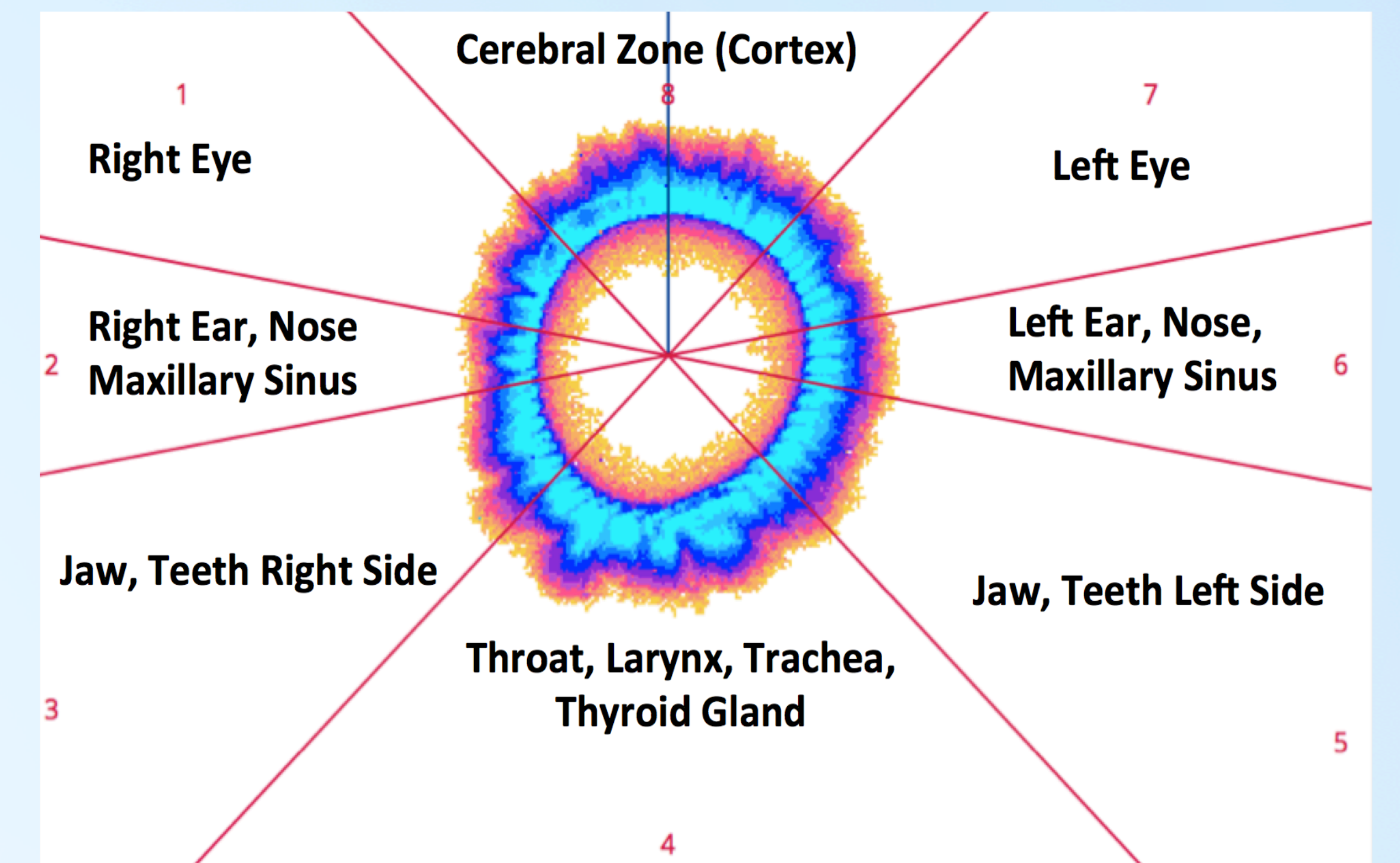
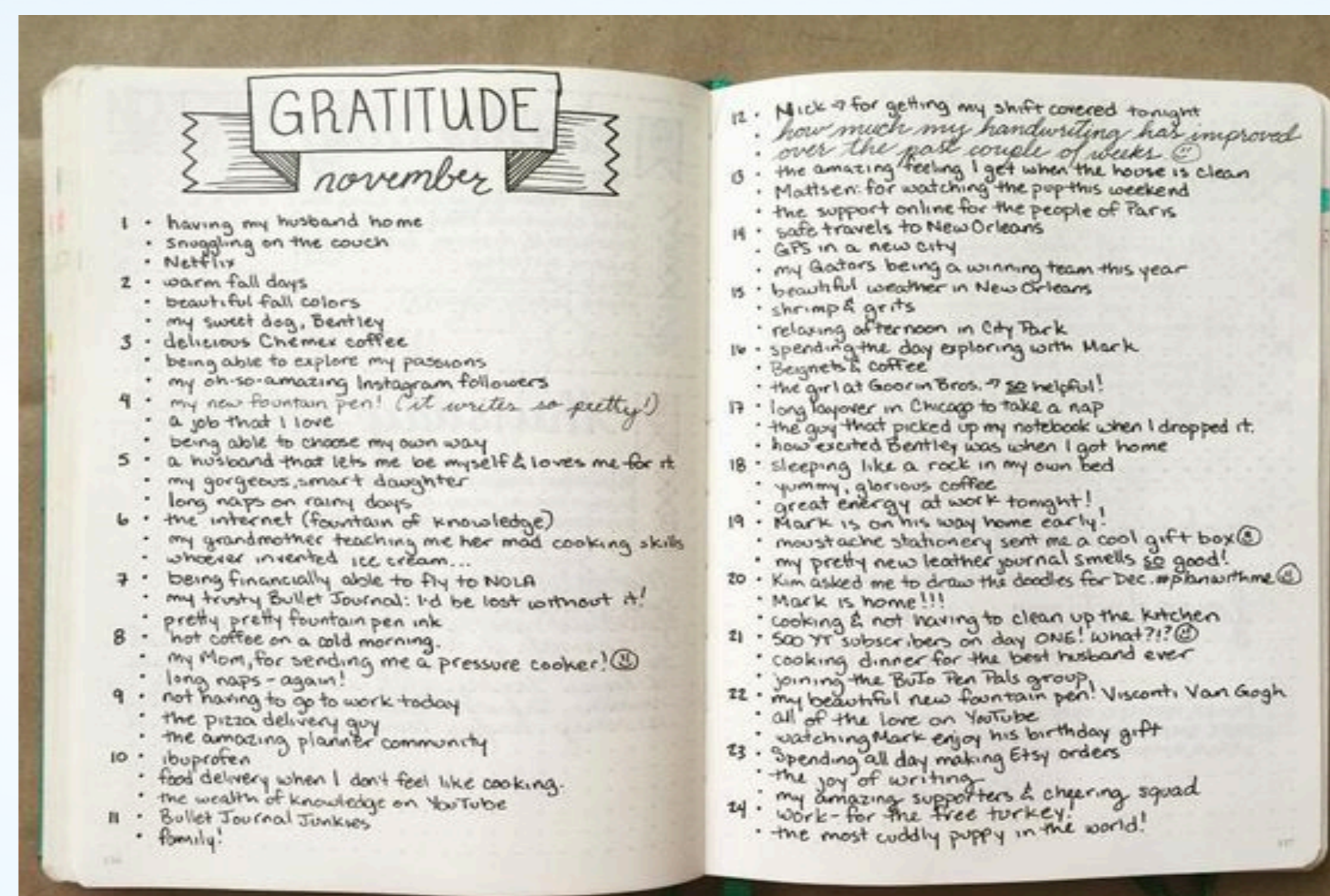
- Participants showed a significant decrease in their stress level ( $p < 0.03$ )
- Men showed greater responsiveness to gratitude journaling than women



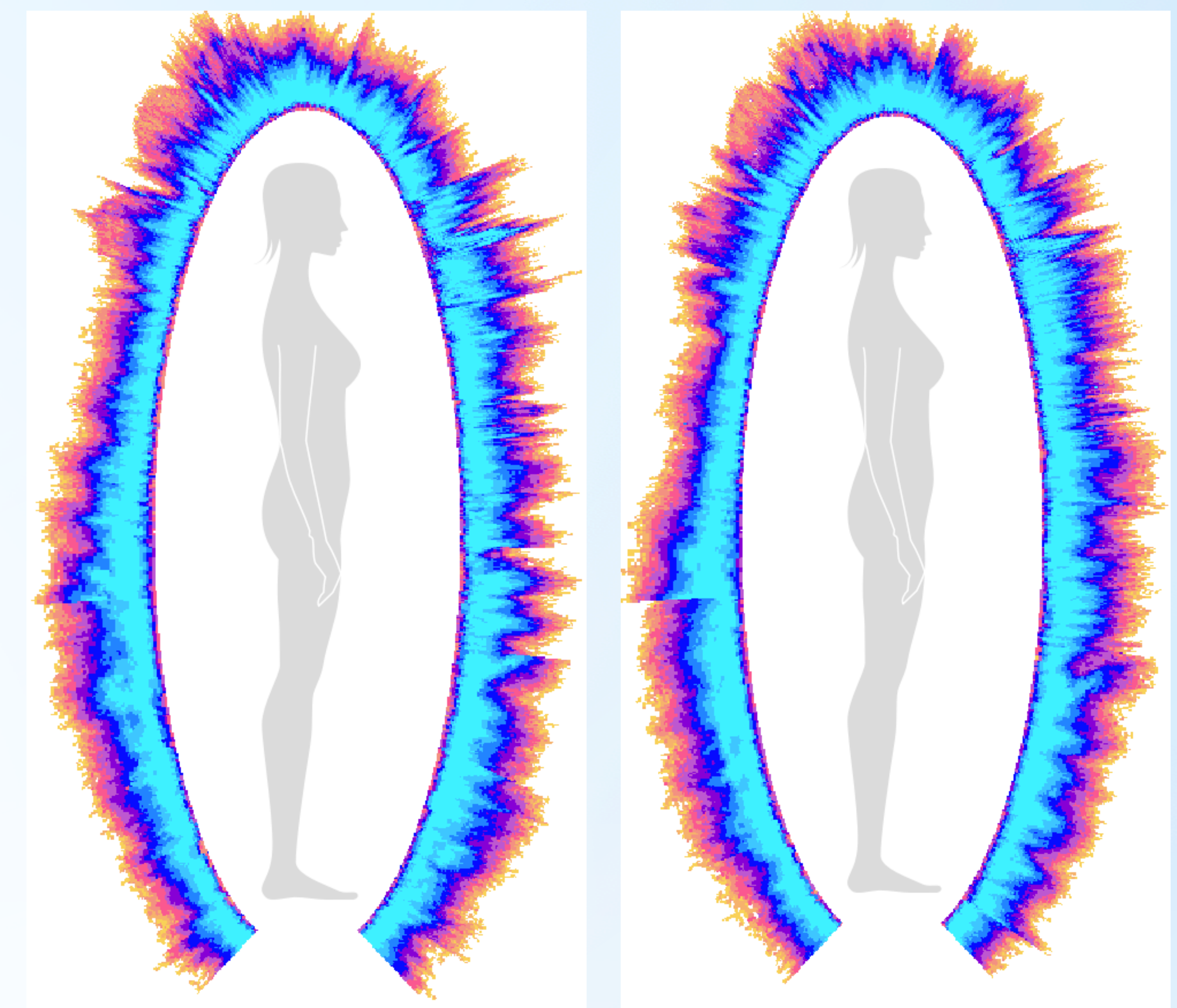
- Participants showed an increase in their energy balance across different physiological systems ( $p < 0.05$ )



- 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



Electro-Photonic Image of Left Thumb



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.