Why Gratitude Matters Beyond Thanksgiving

[1] Every November, Thanksgiving invites people around the world to pause and count their blessings with family and friends. Yet psychological and medical research shows that gratitude is far more than a seasonal tradition or a polite response to a gift. When we practice gratitude regularly, we cultivate a mindset that notices goodness in everyday life—not only what we are thankful for, but also who or what helps sustain us.

[2] Modern life often traps our attention in what psychologists call negativity bias—a natural tendency to dwell on stress, criticism, or problems rather than progress. Practicing gratitude helps bolster emotional resilience during adversity and calm the nervous system when pressure builds. Studies also link regular appreciation to better sleep, lower stress hormones, healthier blood pressure, and stronger, more supportive relationships.

[3] Turning thankfulness into a lasting habit does not require grand gestures. People can savor small daily moments—like a quiet morning coffee, a helpful colleague, or a supportive text message—and write down a few brief notes in a journal. Even simple acts, such as thanking someone for a minor courtesy or taking nothing for granted, gradually strengthen wellbeing over time.

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READING COMPREHENSION

Exercise 1: Skimming (Read Quickly for Main Ideas)

Instructions: Skim the text quickly in 2 minutes. Do not stop at unfamiliar words.

A. Match each paragraph (1–3) with its main purpose:

- Paragraph 1: ___
- Paragraph 2: ___
- Paragraph 3: ___

1. Explains how gratitude counters negative thinking, supports emotional strength, and benefits physical and social health.
2. Suggests simple, everyday ways to build gratitude into a regular routine rather than only on special occasions.
3. Introduces gratitude beyond Thanksgiving as a meaningful mindset focused on goodness and sources of support.

B. Which sentence best states the overall message of the article?

- a) Thanksgiving is the only time people should focus on being grateful.
- b) Gratitude is a practical, everyday mindset with real mental, physical, and social benefits.
- c) Keeping a gratitude journal immediately solves all workplace stress.

Exercise 2: Scanning (Read Fast for Specific Information)

Instructions: Scan the text in 4 minutes to find specific details. Look for key content words to locate the answers fast.

1. Which month is mentioned in connection with Thanksgiving? _____
2. What is the psychological term for focusing more on stress, criticism, or problems than on progress?_____
3. Name two physical or health-related benefits mentioned in Paragraph 2: _____ and _____
4. Name two simple everyday practices suggested in Paragraph 3 for building gratitude: _____ and _____
5. According to Paragraph 1, gratitude helps us notice not only what we are thankful for, but also _____

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