

Summer of Gratitude

Week 8 - Gratitude Improves Emotional Wellbeing



- Less Envy
 - Gratitude and envy are two emotions on opposite sides of the spectrum. This means that you can not experience both at that same time.
 - Those who experience gratitude tend to be more content with the simple joys of life, and express thankfulness and appreciation for the things around them.
- Those who experience envy are focused more on the material possessions of others. They tend to feel inferior and resentment towards others.
- This recent [2018 study](#) better explains the correlation between gratitude and envy, and how our social support system can help or hinder our happiness.

[Need ideas for your gratitude journal?](#)

Have you ever felt envious of someone else? Or envious of something that you could not have? Who helped you to move through this emotion?