

Ty Ankrom's Here's What I Think ...

The Thanksgiving holiday may be in the rear-view mirror but gratitude is a year-round quality.



And how can any Buckeye fan be ungrateful this week after watching them beat our rival to the north last weekend?

Of course, I am grateful for other things besides gridiron wins.

Family is high on my list of that for which I'm grateful.

I was fortunate to be able to gather with many cousins in Darbyville during the holiday, which reminded me of the times when I was young when we would meet at my grandparents' home there for Thanksgiving dinner.

As too many people in America don't know where their next meal is coming from, I am grateful for the Thanksgiving meal I shared with family but also for the daily blessings of food and shelter.

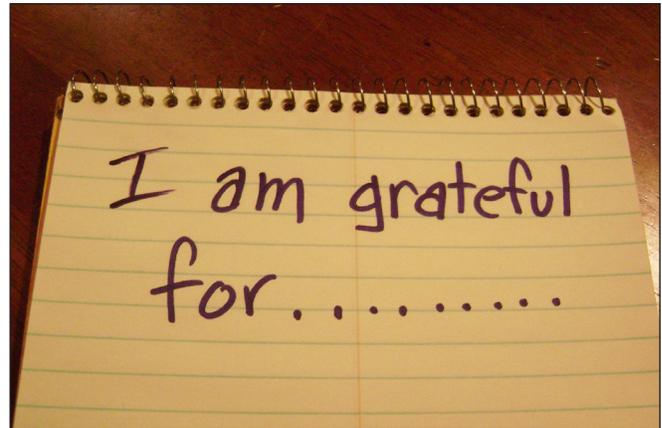
I've been lucky to be able to travel and that has given me the opportunity to meet others from throughout the world. I'm grateful for the lessons that have come from these encounters.

And I'm lucky to have a job I like that allows me to work with fellow educators and agencies that value the importance of making an impact on students' and families' lives.

I find that being grateful makes me feel good. I'm not alone.

According to a 2015 article in *Psychology Today*, being grateful has seven scientifically proven benefits.

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Among the benefits are that gratitude improves physical and emotional health; it enhances empathy and reduces aggression; improves self-esteem; increases mental strength; and opens doors to more relationships.

In addition, grateful people sleep better. According to a 2011 study, people who spent 15 minutes or more writing down grateful sentiments in a journal before bed sleep longer and deeper.

Experts say that gratitude is about more than basking in what we have.

"Gratitude is noticing and describing that we have received something of value from a source outside of ourselves," wrote Anita P. Jackson, an emeritus professor at Kent State University.

As the holiday season is officially here, take a minute to appreciate and be grateful for what you have.

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