



Gratitude

Practicing gratitude has many benefits: increasing happiness, empathy, sleep, physical and mental health, resilience, and improved relationships.

Ways to practice gratitude

- Keep a gratitude journal: write down 3-5 things you are grateful for daily
- Express gratitude to loved ones: write a note or do something nice for someone else
- Create a gratitude jar: put small notes of things you are grateful for each day
- Try a gratitude meditation
- Volunteer
- Make a list of positive things that happened from your day
- Try gratitude affirmations each morning or night