



Gratitude

By Amit Sood, MD – Mayo Clinic

Ever wish there were a magic pill you could take to boost your energy levels, improve your mood, help you sleep better, increase your kindness and even help you make more money? Unfortunately, no such pill exists, but there is a way you can reap these benefits — without a visit to the doctor's office.

The secret? A daily gratitude practice. Indeed, counting your blessings each day has been shown to significantly increase your happiness — and your physical health. In addition to helping you get more sleep, practicing gratitude can boost your immunity and decrease your risk of disease.

Here are a few tips to help you get started:

- Keep a gratitude journal. Write in a gratitude journal every day. Jot down quick notes. Any positive thoughts or actions count, no matter how small.
- Use gratitude cues. Any new habit needs reminders, and cues are a great way to stay on course. Keep photos visible of things or people that make you happy. Post positive notes or inspirational quotes on the fridge or by your computer to reinforce feelings of gratitude.
- Make a gratitude jar. Keep an empty jar, scratch paper and a pen in an accessible place at home. Ask family members to write on a piece of paper one thing that they're grateful for every day and drop it in the jar. During dinner or leisure time, take a few of the notes out of the jar and enjoy reading one another's thoughts.
- Use meditation as an opportunity to practice gratitude. Take a few minutes each day to close your eyes, breathe in and out slowly, and focus your mind on positive thoughts.

The goal is to move your mind from thinking about gratitude occasionally to making it second nature. Eventually, you'll lower your gratitude threshold so that you're grateful for little things — and you'll learn how to sprinkle a little gratitude throughout your day.

Adapted from "The Mayo Clinic Handbook for Happiness," by Amit Sood, M.D.

Read the full article here: <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/improve-health-practice-gratitude/art-20270841>

For the next 30 Days: take our November gratitude challenge and fill in your gratitude wheel.

