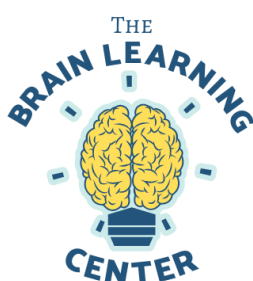


GRATITUDE GUIDE

PRESENTED BY



WHAT

When we talk about gratitude as a tool for building mental wellness, we mean the *practice* of focusing attention on things in our life that we appreciate - big and small. In other words, gratitude is *intentionally experiencing* appreciation. Practicing gratitude does not mean that you think everything is going great, and it can be really difficult at times.

WHY

Learn about the many benefits of practicing gratitude

Brain

Activates brain regions linked to positive feelings and social connectedness.

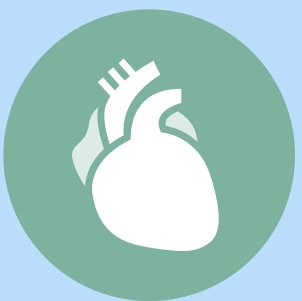


Mood

Enhances sense of well-being and can be an important therapeutic tool for preventing and treating mood disorders.

Social

Improves the way you relate to people around you. People feel more connected to you.



Heart

Changes how your heart functions in a positive way and promotes feelings of relaxation. Gratitude is even related to long-term heart health.

Health

Reduces inflammation, pain experience, sleep problems, and stress in healthy ways.



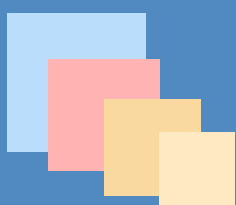
HOW



Keep a gratitude journal. Write down thankful moments from your day



Visualize a memory or experience that you're grateful for. Spend a few minutes meditating on it, recreating the feelings and sensations.



Have gratitude brainstorm sessions. Think of as many things that you appreciate in one minute or less. Try to think about the really small things!



Make gratitude a habit. Associate your gratitude practices with daily events like brushing your teeth or sitting down to a meal.



Gratitude is better together. Express gratitude daily to your family, friends, and acquaintances.

