



# Think positive

Feel good through gratitude

Even in challenging times, there's always something to be thankful for. Focusing on the good things in your life can have a positive impact on your physical and emotional well-being.

## **PRACTICING GRATITUDE MAY HELP YOU:**

- Manage your anxiety so you can see past your worries
- Boost your resilience, especially in difficult situations
- Lower your stress and increase your overall happiness

# Find your happy (place)

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Try these tips the next time you want to appreciate the people, events or experiences that matter to you most.



## Write it down

Spend a few minutes each day making a list of the things you're grateful for.

## Connect with others

Call, message or write someone just to let them know they're on your mind.

## Be in nature

Take a walk and notice the simple beauty wherever you go.

## Embrace your community

Thank those who serve in your community — like the store clerk, bus driver or mail carrier.

## Do something kind

Volunteer for a cause. Or offer your help to someone in need.

## Focus on the good

Try to find the positives in every situation.

**TAKE TIME TODAY TO GIVE YOURSELF THE GIFT OF GRATITUDE.**

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