

GRATITUDE FAQs

YOUR QUESTIONS. ANSWERED.



Gratitude is more than simply saying thank you. It is the practice of noticing and appreciating the people, moments, and experiences that bring meaning to everyday life.

Here are answers to the questions we hear most often.

SMALL
MOMENTS
BIG
MEANING



1 WHAT DOES GRATITUDE REALLY MEAN?

Gratitude is the practice of noticing and appreciating something meaningful, supportive, or good in your everyday life.



2 DOES GRATITUDE MEAN IGNORING WHAT'S HARD?

No. Gratitude can exist alongside stress, grief, disappointment, or uncertainty. It does not require pretending everything is perfect.



3 CAN GRATITUDE SUPPORT HEALTHY AGING?

Yes. Gratitude may support connection, perspective, emotional well-being, and greater awareness of what matters most.



4 DO I NEED A GRATITUDE JOURNAL?

No. A simple pause, a thought, or a quiet moment of appreciation can be enough to begin.



5 HOW CAN I START PRACTICING GRATITUDE?

Ask yourself once a day: "What did I appreciate today?" Start small and let the habit grow naturally.



6 DOES GRATITUDE HELP RELATIONSHIPS?

Yes. Expressing appreciation can strengthen connection and help people feel seen, valued, and remembered.



7 DO SMALL MOMENTS REALLY COUNT?

Absolutely. A conversation, a walk, a cup of coffee, or a quiet morning can all be meaningful.



8 WHAT IF GRATITUDE FEELS HARD SOMETIMES?

That is okay. Gratitude is not a test. On difficult days, one small moment of comfort or support is enough.



9 HOW OFTEN SHOULD I PRACTICE GRATITUDE?

There is no perfect rule. Even a brief daily moment of awareness can make gratitude easier to notice over time.



10 HOW CAN I SEE WHERE I'M DOING WELL?

Take the DHmeds Gratitude Score™ for an educational snapshot of your gratitude habits and everyday awareness.

MORE AWARE TODAY
A BRIGHTER TOMORROW



DISCOVER YOUR
GRATITUDE SCORE™
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