

THIS WEEK'S QUESTION

Can Gratitude Really Change How You Experience Aging?

“ Dr. Hirsch says:

Gratitude doesn't mean ignoring what's difficult or pretending every day is positive.

It's about noticing what is meaningful, supportive, or worth appreciating alongside life's challenges.

As we get older, that can include relationships, everyday routines, time with family, meaningful experiences, or simply being present for an ordinary moment.

The goal isn't constant positivity. It's greater awareness of what still brings value to your life.

MORE COMMON QUESTIONS

1

Does gratitude mean I should always be positive?



No. Gratitude can exist alongside stress, disappointment, grief, or uncertainty.

2

Do I need to keep a gratitude journal?



No. A brief pause, thought, or expression of thanks can be enough.

3

What's the easiest way to start?



Ask yourself once a day: "What did I appreciate today?"

4

Can gratitude become a habit?



Yes. Repeating small moments of awareness can make gratitude easier to notice over time.



NOTICE THE ORDINARY

Small moments can carry real meaning when we slow down enough to notice them.



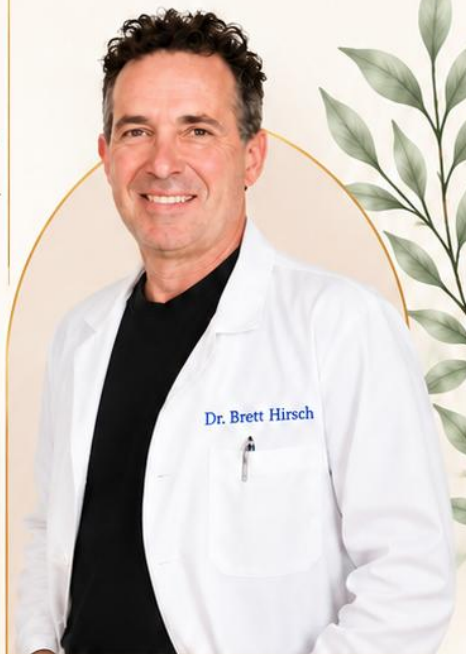
EXPRESS APPRECIATION

Telling someone they matter can turn gratitude into connection.



STAY PRESENT

Gratitude can help bring attention back to the people and moments happening right now.



Dr. Brett S. Hirsch, D.O.
HAIR RESTORATION PHYSICIAN

You don't need a perfect life to practice gratitude.
You just need a moment worth noticing.

LEARN. GROW. THRIVE.



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