

Gratitude

Research shows that gratitude is good for your mental health!

Being grateful and reminding yourself of things you are thankful for in your everyday life can benefit you in a number of ways, including:

- Improve mental and physical health
- Deal with hardships
- Strengthen relationships
- Feel positive emotions
- Reduce aggression
- Improve sleep
- Help improve self-esteem

Ways to show gratitude in everyday life

- Write thank you notes to positive people in your life
- Start a gratitude journal
- Prayer or affirmations
- Meditate

I am grateful for
