



# Gratitude

**Gratitude is the expression of appreciation for what one already has, and is the recognition of the role other's play in filling our lives with goodness.**

**Regular Gratitude practice can:**

- **build relationships**
- **reduce sadness and illness**
- **increase optimism**
- **protect against stress & worry**
- **Help manage Change**
- **improve sleep**
- **boost your grades**

**Next time you say 'Thank you', try slowing down and taking an internal account of exactly what it is you are thankful for.**

**Count your Lucky Stars!**



## Ways to Practice

**Write down 3 things you are thankful for and why each day**

**Send someone a written note, text or message of appreciation**

**Choose one moment each day where you might say thank you and actually name what you are thankful for**

**Look around your room or dwelling and acknowledge 3-5 things you are thankful for**

**Visualize what your life might look like without your favorite things or people--what do they add?**

**When a negative thought pops into your mind, counter it with a positive from the situation**

**Say thank you for little things you often take for granted**

**Choose one of your senses and list all the things you are grateful for based on that sense**

**Create a gratitude collage or jar where you keep a visual of things you are grateful for**