Research shows that **expressing gratitude** improves mental, physical and relational well-being. Practicing an "attitude of gratitude" impacts an overall experience of happiness, and these effects tend to be long-lasting (HUFFINGTON POST).

**HOW DOES IT WORK?**

- With gratitude, people acknowledge the goodness in their lives.
- People usually recognize that the source of that goodness lies at least partially outside of themselves.
- Gratitude helps people connect to something larger than themselves as individuals—whether to others, nature or a higher power. (HARVARD)

**5 Ways to Have More Gratitude Every Day**

- Appreciate everything— even small things.
- Practice mindfulness.
- Keep a gratitude journal.
- Volunteer.
- Spend time with loved ones. (FORBES)

**Scientifically Proven Benefits**

1. opens doors to more relationships.
2. improves physical & psychological health.
3. enhances empathy & reduces aggression.
4. improves sleep.
5. increases mental strength & improves self-esteem. (PSYCHOLOGY TODAY)

How will YOU practice gratitude today?