inspired [to make healthy choices]

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The Power of Gratitude

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 GRATITUDE...

- 1. opens doors to more relationships.
- 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?

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