

# inspired

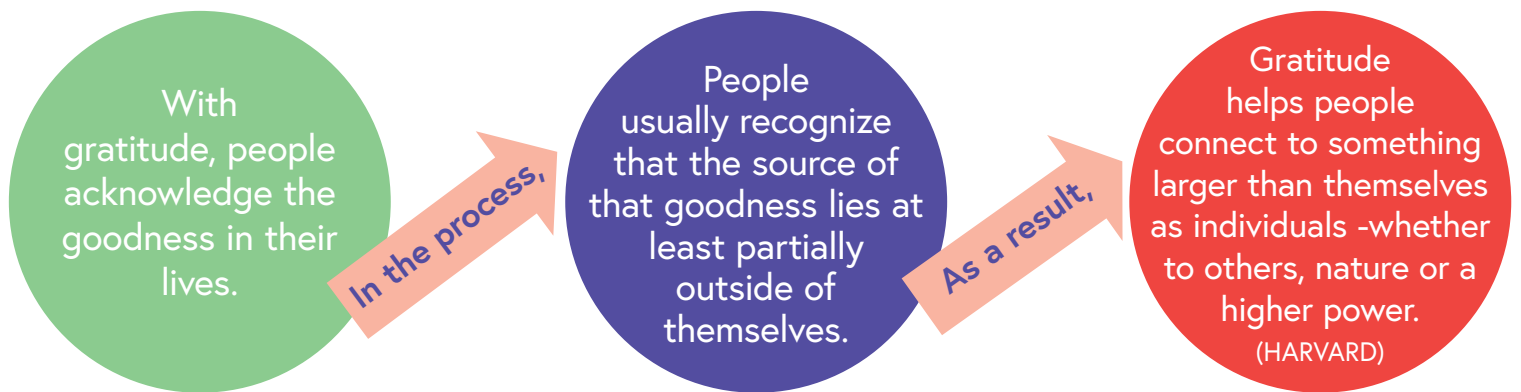
[to make healthy choices]

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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?



### 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.
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?*

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