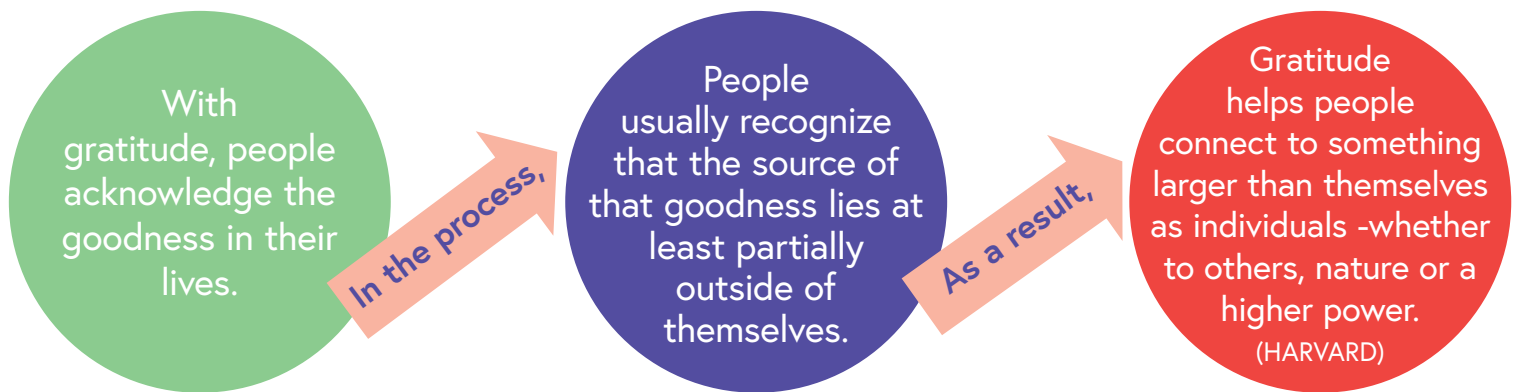


[to make healthy choices]

Practicing 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?



Keep A Gratitude Journal

- ♥ Decide your favorite format (Physical or digital? Lines or structured like a calendar?)
- ♥ Make it a habit (Schedule time to write every day)
- ♥ Use journal prompts if you get stuck
- ♥ Elaborate and write down the details
- ♥ Start to look for good throughout your day

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)

Gratitude is a powerful tool for improving our lives!

