

# Tips for Gratitude

Gratitude is a sense of appreciation of what an individual has or receives, for the goodness that is in their lives both within and outside oneself. There are several benefits to regularly acknowledging gratitude. A growing body of research has found an association between gratitude and more positive emotions, improved sleep, decreased stress, decreased physical pain, decreased depression, increased sense of well-being, and strengthened interpersonal relationships.

## Ways to Include Gratitude in Your Life

- Set aside time on a regular basis to focus on what you are thankful for
  - Thank someone in person for something they have done
  - Write a thank-you note of appreciation to someone
- Thank someone mentally -It can be beneficial for yourself even if you don't share your thoughts.
  - Reflect on the past- To be grateful in your current state, it is helpful to remember the hard times that you once experienced.

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