

Straight From the Source

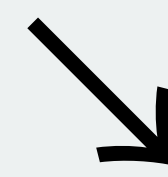
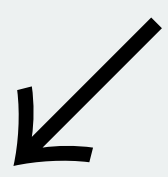


Let's talk about

GRATITUDE

Gratitude is pausing to notice and appreciate the things that we often take for granted- things big and small

It has physical, psychological, and social benefits



Stronger immune system, lower blood pressure, better sleep

Thinking positively helps to increase your mood and lower anxious thoughts

Feel a greater connection with others and feel more generous and compassionate

Ways to practice gratitude

WRITE A THANK YOU NOTE OR LETTER

START A GRATITUDE JOURNAL & WRITE DOWN 5 THINGS YOU'RE GRATEFUL FOR EVERY DAY

DO A RANDOM ACT OF KINDNESS

SHARE SOMETHING YOU'RE GRATEFUL FOR WITH A FRIEND OR FAMILY MEMBER

CREATE A GRATITUDE COLLAGE AND DRAW OR CUT OUT PICTURES OF THINGS YOU'RE THANKFUL FOR

PRACTICE MINDFULNESS OR MEDITATE

You can find this info & more online [here](#)