



WELLNESS MATTERS MORE THAN EVER



PRACTICING GRATITUDE FOR IMPROVED HEALTH AND RELATIONSHIPS

By practicing gratitude, you can experience many benefits and influence others around you. Luckily, gratitude is easy to practice and can be incorporated into your daily life. Gratitude, also known as the quality of being thankful, allows us to focus on positivity in ourselves, others, and the world around us.

If you are looking to experience the benefits gratitude can bring, then try to incorporate gratitude into your routine.

BENEFITS OF GRATITUDE

- **OFTEN DESCRIBED AS "SOCIAL GLUE."** Gratitude can fortify relationships and serve as the backbone of human society.
- **IMPROVED MENTAL HEALTH.** In general, people who are more grateful are happier, more satisfied with their lives, less materialistic, and less likely to suffer from burnout. Research also suggests gratitude inspires people to be more generous, kind, and helpful.
- **PHYSICAL HEALTH BENEFITS.** Grateful people may be healthier and can encourage people to improve their health and adopt healthy habits. Research found more grateful cardiac patients reported better sleep, less fatigue, and lower levels of cellular inflammation.
- **INCREASED POSITIVITY.** If you reflect on the aspects of your life and express gratitude, you will experience positive emotions. Take time to reflect daily by using a gratitude journal or writing a letter of gratitude to improve your mood.

10 WAYS TO SHOW GRATITUDE

- 1 Practice mindfulness
- 2 Appreciate the little things
- 3 Show kindness to others and yourself
- 4 Give genuine compliments
- 5 Write in a daily gratitude journal
- 6 Volunteer
- 7 Encourage everyone
- 8 Smile
- 9 Keep in contact with loved ones
- 10 Practice meditation



28 DAYS OF GRATITUDE CHALLENGE

Use this list of topics to express gratitude each day for 28 days. You can express gratitude through daily meditation, mindfulness, or by writing in a journal. Call or message a friend or family member to express gratitude and practice with others.



1	Something you like about yourself	
2	A challenge you have overcome	
3	A personal talent you possess	
4	Something you created	
5	Your greatest accomplishment	
6	Something you often take for granted	
7	Your best personality trait	
8	Something beautiful you saw today	
9	Your spouse or significant other	
10	Something you are looking forward to	
11	Your health and well-being	
12	Someone who inspires you	
13	Something you use every day	
14	Family and friends	
15	Something you like about your job	
16	A lesson from a mistake you made	
17	Something that someone gave you	
18	Something that made you smile today	
19	A co-worker who makes work-life better	
20	A book that inspired you	
21	Your past experiences	
22	Something that puts a smile on your face	
23	Your community and neighbors	
24	Something you like about your home	
25	Something awesome about your age	
26	Positive people in your life	
27	The chance of a new day	
28	The little things that make life great	



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