

# The Importance of Gratitude

**Gratitude may be the best-kept secret to help reduce stress and feel better. Practicing gratitude every day can improve your physical and emotional well-being.**

## Ideas for practicing gratitude:

### **Think about why you are grateful for you.**

Be kind to yourself by being thankful for making it through a hard time, even if you weren't able to accomplish everything you wanted to.



### **Write a letter to a friend or call someone and tell them you are grateful for them and why.**

Think of someone who did or said something that changed your life for the better or someone you may not have thought about or seen in a while and express your gratitude.



### **Do a favor for someone you are grateful for, or if you can, consider volunteering.**

Leave a meal, a plant, or a card on a friend's doorstep. Consider volunteering for an organization or activity where you can help others.



### **Start a gratitude journal.**

Once a week, or more, give yourself time to write down people, places, objects, memories, or events you're grateful for.

