

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.

