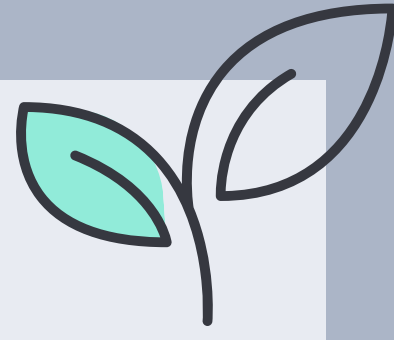


HOW AND WHY TO PRACTICE GRATITUDE

There is so much to be thankful for in life, but sometimes it's difficult to see.

WHY PRACTICE GRATITUDE?*



Practicing gratitude can make you feel happier, healthier, and emotionally stronger. People who practice gratitude report feeling:

MORE:

- Resilient
- Generous
- Kind

LESS:

- Stressed
- Anxious
- Resentful



HOW TO PRACTICE GRATITUDE

We're wired to notice the negative. It helps us stay alive, but it also keeps us from seeing the positive. Practicing gratitude helps you focus on what you have instead of what's missing.

Here are four easy ways to get started.

GRATITUDE JOURNAL



Write down what you're thankful for in a journal.

Use these prompts to get started:

- What's something that made you smile today?
- Who's a person you can trust to support you?
- What recent challenge taught you something?
- What personal strength are you most proud of?
- What makes you feel grounded?

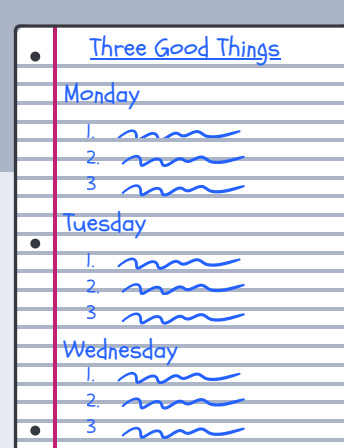


GRATITUDE LETTER

Send a letter or email to someone from your past to thank them for making a positive impact on your life. Keep it short. The point is to simply and specifically thank them for something they've done for you and say how it made you feel.

THREE GOOD THINGS

- Each day, write down three good things that happened to you.
- Commit to doing it for 30 days.
- Don't repeat yourself.



At the end of 30 days, reflect on the 90 good things that happened to you.



GRATITUDE MEDITATION

A gratitude meditation is a reflection focused on expressing thanks for the good things in your life. It can be as simple as taking a few minutes to think about family, friends, and things in your life that you are grateful for. Try out a guided meditation video on YouTube for longer, more focused meditations.

Youturn

HEALTH®

Youturn Health peer coaches can help with practicing gratitude and other stress management techniques. Contact Admissions to enroll:

Enroll in peer coaching:

855-411-IMAP

admissions@youturnhealth.com

*Sources:

1. https://ggsc.berkeley.edu/images/uploads/GGSC-JTF_White_Paper-Gratitude-FINAL.pdf

2. <https://www.sciencedirect.com/science/article/abs/pii/S0005796705000392>

3. <https://positivepsychology.com/neuroscience-of-gratitude/>