

Gratitude

Gratitude has positive effects on well-being. This includes both emotional and physical health.

Try setting aside time every day or every week to think about what you are grateful for.

How to Practice Gratitude

- Keep a gratitude journal.
- Think about someone you are grateful for and why.
- Write someone a thank you note.
- Count your blessings—pick a number and name that many good things.
- Meditate or pray.

