



HEALTHY HINTS

Just for the **HEALTH** of it!™

WEEK 6-Gratitude

Gratitude means thankfulness, counting your blessings, noticing simple pleasures, and acknowledging everything that you receive.

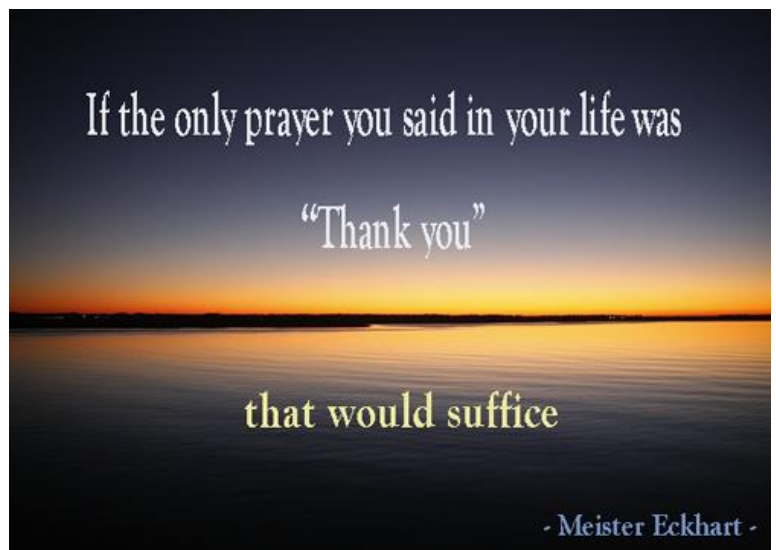
It means learning to live your life as if everything were a miracle, and being aware on a continuous basis of how much you've been given.

Gratitude shifts your focus from what your life lacks to the abundance that is already present.

In addition, behavioral and psychological research has shown the surprising life improvements that can stem from the practice of gratitude. Giving thanks makes people happier and more resilient, it strengthens relationships, it improves health, and it reduces stress.

How can you practice GRATITUDE?

1. **Gratitude Journal**-ponder 3 to 5 things that you are currently grateful for.
2. **Count your blessings.**
3. **Identify one thing each day** that you usually take for granted and that ordinarily goes unappreciated.
4. **Express gratitude directly to another**-by phone, letter, or face-to-face-to another person.



<http://gratefulness.org/resource/how-to-practice-gratitude/>