Cultivate an attitude of gratitude

Developing the habit of expressing appreciation has been shown to boost feelings of optimism, enthusiasm and self-confidence, buffer negative emotions, increase satisfaction with your present life, reduce fatigue, help you cope better and even improve sleep as well as relationships!

To cultivate the "attitude of gratitude" habit, try these tips:

- **Keep a gratitude journal.** Choose a time of day and write down three to five things you are grateful for.

- **Pause daily to mediate for a few minutes on all for which you are grateful.** If applicable, you can show your appreciation through prayer.

- **Don't dwell on negative difficulties.** View them positively as learning experiences.

- **Stay in the moment!** Be grateful for things just as they are.

- **Make plans with someone to text each a gratitude statement daily.** Or, at your nightly dinner, share 3 things you were grateful for that day.

- **Compliment someone.** Saying something nice to at least one person a day can make them and you feel good. At the same time, if someone compliments you, accept it sincerely and thank them-- avoid brushing it off.

- **Say thank you!** It demonstrates respect and appreciation. Practice sincerity so the recipient knows you're truly appreciative.

- **Make it a habit to write thank you notes.** If someone sends a gift or does something nice for you, thank them for it in a sincere and heartfelt note, text or email.

- **Spend quality time with someone you appreciate.** Plan an activity to do together just for the fun of it.

- **Give to those in need.** Volunteer, donate food, send care packages, visit an eldercare facility. You'll improve someone else's day and your own!

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866.695.8622

answers@HealthAdvocate.com

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