

# How To Be Grateful

Shifting your attention to what you're grateful for can have profound benefits for your mental health, relationships, and overall wellbeing. Gratitude isn't just a practice—it's a mindset that can transform how you experience life. Start small, be consistent, and watch how it positively impacts your wellbeing.

1

## Start a Gratitude Journal

Take a few minutes each day to write down three things you're grateful for. They can be big (a supportive friend) or small (a warm cup of coffee on a chilly morning).

2

## Express Yourself

A quick thank-you text, compliment or verbal acknowledgment can brighten someone's day! Expressing gratitude out loud helps build deeper connections with those around you.

3

## Reframe with Gratitude

If you find yourself ruminating, try shifting your mindset by asking, "What can I learn from this?" Studies show that reframing difficult situations can be opportunities for growth.

4

## Practice Makes Perfect

Pause... Throughout the day acknowledge little joys and small wins. A beautiful sunrise, a well-written email, a kind gesture, or a moment of peace.



We provide a confidential and safe space to chat to a mental health professional, at no cost to you.



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