

Health & Wellness Newsletter January 2021



Gratitude is simply defined as the state of being grateful. It involves expressing thanks or appreciation for something, from a gift to life itself.

Gratitude involves recognition of the positive things in your life and how they affect you. This can range from acknowledging a beautiful flower you pass on the sidewalk to the feeling of thanks that comes from recovering from a serious illness.

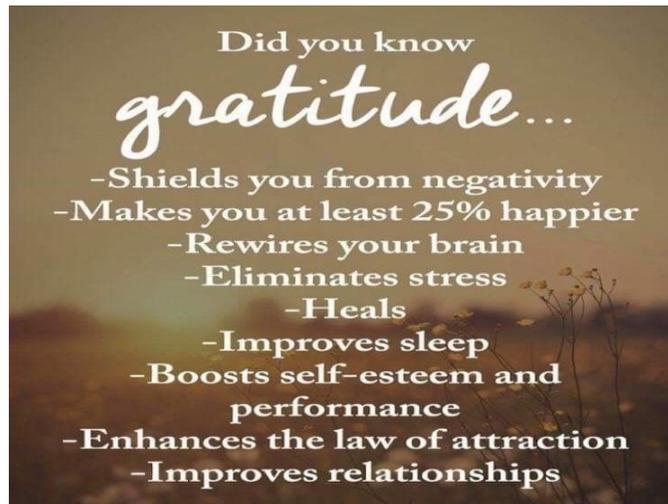
You can practice gratitude in lots of different ways, like:

- gratitude exercises, such as journaling
- paying attention to the little things in life, like the birds in the trees
- telling someone you're grateful for them or for something they did, even if it was a long time ago
- doing something kind for someone in your life to express your gratitude
- meditating on the positive aspects of your life
- giving thanks through prayer

“Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for.”

—Zig Ziglar

Start
each day
WITH A
grateful
heart



Benefits of practicing gratitude

There are many benefits of practicing gratitude, both mental and physical. Regular practice has been shown to have measurable positive effects on health.

- Boosts the immune system
- Improves mental health
- Improved relationships
- Increased optimism



Practicing gratitude can be a beneficial daily habit both for physical and mental health. It also offers potential benefits for relationships.

To get started with a gratitude practice, you can try meditation, journaling, or simply paying attention to the little things in life that bring you joy. If practiced regularly, gratitude will likely provide positive long-term effects to your mental health and well-being.

Sources: <https://www.merriam-webster.com/dictionary/gratitude>
<https://www.healthline.com/health/benefits-of-gratitude-practice>