

What is Gratitude?



GRATITUDE IS:

A feeling / emotion that can also be practiced and honed.

A way of self-soothing.

A way of bringing your attention to the good in your life.



GRATITUDE ISN'T:

False positivity.

Something to force on others
- 'You should be grateful for ...'

Something to force on yourself
- 'I should feel ...'



Better sleep



More positive emotions

WHY PRACTICE GRATITUDE?

Studies and research has shown that regular gratitude practice results in:



Feeling more alive



The ability to express more compassion and kindness



Stronger immune systems

By regularly writing brief reflections on moments we are thankful for in a gratitude journal, well-being and life satisfaction can significantly increase.