



The Gifts of Gratitude



A daily dose of gratitude may be just what we all need to improve our mental health and buffer against the effect of stress. Being grateful helps us be mindful of what is around us and shifts our focus outward – focusing on what we have rather than what we lack. Research shows adults who regularly practice gratitude over time have:

- More happiness
- Stronger relationships
- More optimism
- Better exercise and sleep
- Less pain and fewer visits to physicians
- Healthier hearts

Managers who remember to express appreciation to workers find that people perform better. Just like any other practice it can feel awkward at first, but over time the brain begins to wire toward searching for the “grace” in our lives rather than getting stuck in the strife.



Scan to find
more Mental
Health Resources.