



How to Practice Gratitude



Try to do these two practices every day for one month. Just after you have engaged in the practice, be mindful of how you experience this feeling for gratitude – notice it in your body – and see if you can drive it deeper with greater focus.

Practice #1: The 2-minute morning ritual – Within the first 30 minutes of waking up each day write down one big thing you are not taking for granted (e.g., health, family, safety), one small thing that gives you happiness or comfort (e.g., sun on your face, your favorite shoes), and something you are excited about in the future. The more specific you can get in understanding why you are grateful, the better.

Practice #2: Express thanks – Handwritten notes are best. Be detailed about what they did that positively impacted you. Thank your mentors. Thank your peers. Thank the people whose service is often unnoticed. If you don't have time to write it out or tell them in another way, hold them in your mind and mentally thank them.

Practice #3: Pay it forward – When someone does something nice for you, practice your gratitude by an intentional act of kindness for someone else. Make a game out of it by looking for creative ways to brighten someone's day – especially when they are not looking.



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