

The greatness of gratitude

What does it mean to be grateful?

You might feel grateful when you receive a gift or experience an act of kindness. You can also feel grateful for the everyday things in your life, such as watching a sunset, doing well at a sport, or spending time with loved ones. When you begin to view your life as a gift, your gratitude may even grow.

The benefits of gratitude

When you show gratitude, you make someone feel appreciated. But did you know that the act of feeling grateful can help you, too?



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Gratitude may be able to:

- **Improve your well-being**
Being thankful can make you feel more positive about your life. In turn, this may even help you better connect to others.
- **Decrease your anger**
If someone or something makes you angry or sad, you might want to dwell on it. We get it! But by focusing instead on the people who've supported and loved you, you can use gratitude to turn everything around.
- **Increase your resilience**
Life happens, including things we can't control. When you feel thankful for your life and the world around you, you're showing resilience — an inner strength that can help you bounce back after stressful situations.

See the other side for tips on how to practice gratitude every day.

How can you practice gratitude?

Feeling grateful isn't always easy, especially when life throws challenges your way. Try these tips the next time you want to appreciate the people, events, or experiences that are most important to you.



Spend a few minutes at the end of each day and think about, or even write down, what you are grateful for that day.



Say "thank you" to people you don't know, such as waving when a person lets your car cut in during traffic.



Start a family ritual of gratitude, such as giving thanks before a meal.



If you're feeling burdened by health issues, give thanks for the abilities you have.



Call, email, or write someone just to say "thanks."



Find a creative way to give thanks. For example, plant a garden of gratitude or take pictures of things you are grateful for.



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