



American Heart Association.

Gratitude is good medicine

A regular gratitude practice can make you healthier and lead to:



Better mood



Better sleep



Lower blood pressure



Improved immune function



Pair it up

Do your gratitude right after something else you do every day, such as brushing your teeth or eating lunch. This makes the habit stick.

How to start a gratitude habit

Soak it in

Savor those grateful feelings and feel good about yourself. If you enjoy your new habit, you're more likely to stick with it!



Repeat daily to build a habit!



Jot it down

Grab some paper or a notebook you already have, nothing fancy. Then, write down anything you feel grateful for.

"I don't know what to be grateful for!"

It doesn't have to be Thanksgiving-level to count. Focus on anything simple like:

"For the clouds"

"For my heart that keeps beating"

"For my friend"

"For this sandwich"

"For this day"