




Houston County Health & Wellness November 2022 Edition Gratitude


What is Gratitude?

Gratitude is a positive emotion that involves being thankful and appreciative and is associated with several mental and physical health benefits.



Did You Know?

Research shows that people who express gratitude are more likely to share with others freely, offer emotional support and assistance, and forgive more willingly.



Benefits of Gratitude

- Makes Us Happier
- Increases Our Self Esteem
- Improves Relationships
- Reduces Stress
- Improves Sleep

Gratitude Quote

"The heart that gives thanks is a happy one, for we cannot feel thankful and unhappy at the same time."

Douglas Wood

How To Practice Gratitude

- Write a thank-you note or simply say thank you!
 - Make someone feel special. If you have a person in your life that you feel you owe some happiness or success to, visit them in person and tell them how much they mean to you.
 - Count your blessings. Pick a time every week to sit down and write about your blessings.
 - Find a gratitude buddy. Find someone to share your daily practice with—your spouse, your child, or a friend. .
 - Self-appreciation. Daily, practice saying five good things about yourself. It may be awkward or difficult at first, but over time it will become easier.
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