

Week 11: **Vitality**

Benefits of Gratitude

"When we focus on our gratitude, the tide of disappointment goes out and the tide of love rushes in."

-Kristin Armstrong

Gratitude is a positive emotion that helps us be thankful and appreciative. Having gratitude is associated with many physical and mental health benefits including decreased stress and anxiety, better sleeping habits, and higher levels of optimism.

As you incorporate gratitude into your life, it is important to know that you can have appreciation for any aspect of your life. You can express gratitude for an important relationship in your life, or for the blooming flowers outside.



Exercise:

Take a few minutes and think about some things that you are grateful for. Remember to keep in mind that these can be small or big things. Use the sun below to expand your ideas. See the example below as a guide.



The trees as the seasons change.

Reflection:

How did this activity make you feel? Did you appreciate anything that you normally do not think of? How can you practice gratitude in your everyday life?



Challenge: Start trying to incorporate gratitude in your life over the next week.