

Gratitude 101

What is gratitude?

Gratitude is a positive emotion that results from being thankful. Gratitude is about taking time to **recognize**, **acknowledge**, and **appreciate** the goodness in life — no matter how big or how small.

Why practice gratitude?

People who regularly practice gratitude tend to live healthier, happier lives. Gratitude is like a muscle — the more you practice it, the more your gratefulness will grow.

Benefits of gratitude

Gratitude can help you:



Reduce stress and improve your mood



Boost your immune system



Feel more joy and compassion



Cope with adversity



Improve your sleep



Improve your overall physical and mental well-being



Protect your heart



Feel more connected to your community and loved ones