



## Gratitude

"The quality of being thankful"

"Readiness to show appreciation for kindness"

"The readiness to return kindness"

"Subconscious world of positivity"





# Universal concept





## Benefits of Gratitude

Decreased inflammation Decreased disease

Decreased feelings of stress

Decreased depression and anxiety

Decreased anger, frustration, insecurity



## Benefits of Gratitude

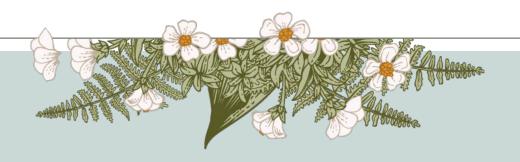
Increased immunity Improved sleep

Improved focus Better cognitive brain function

Increased feelings of happiness 
Improved relationships

Protective: Mental health/substance abuse challenges

## The "How To" of Gratitude



#### Morning

I thing you are thankful for

#### Bedtime

I thing you are thankful for that day

#### Value

What can I value that I usually take for granted?

#### Expressing

How can I verbally express thankfulness?

#### Recording

Gratitude journal



## Habit Recipe...

"Every time I complain about something, I will say something I am thankful for."







### Gratitude...

....can be part of your self-care plan

....includes celebrating small victories

...brings hope in the face of despair

"No pleasure is truly complete without expressing gratitude" (Sarah Young, JESUS LISTENS)



## References

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# Thank you





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