

I AM

GRATEFUL

For:

## What is gratitude?

Being thankful and showing appreciation.

## Why is it important?

Gratitude helps you experience more positive emotions, be mindful and foster resilience. Gratitude helps improve your mental and physical health.

## How can I practice gratitude?

- Write down things you are thankful for every day.
- Make a gratitude post on social media outlets.
- Thank someone for something they've done for you.
- Give back. Return an act of kindness to someone.