

The Importance of Gratitude

- Gratitude offers us an opportunity to counter the brain's negativity bias by turning our awareness to what is good in our world.



Suggestions to Cultivate Gratitude

- Say some form of grace before meals
- Write a thank you note
- Keep a gratitude journal
- Find a gratitude buddy
- Pay attention to what may seem like small blessings (e.g. warm socks, windows, clean water)

