5 Ways to Practice Gratitude

1. **Say Thank You**
   Giving thanks may be one of the simplest and most rewarding ways to express gratitude. Whether it’s in-person, in a note, over the phone... saying “thank you” is sure to bring you and the recipient instant happiness.

2. **Write It Down**
   Writing down what you are grateful for not only helps you feel better in the moment, it also gives you a list to reflect back on whenever you need a well-being boost. Aim to write down 3 things per day for maximum benefit.

3. **Give Back**
   Altruism is emotionally rewarding and studies have found that it’s actually good for our overall health. Lending your time, resources, or expertise to someone else, for nothing in return, is a key component to gratitude.

4. **Appreciate Nature**
   Humans have an innate desire to be near nature. Recent studies have found that even viewing pictures of nature can have a positive impact on our emotions and overall well-being.

5. **Ritualize It**
   Turn a gratitude practice into a ritual by doing it on a consistent basis. Some examples are: Say grace before every meal, start your day with meditation, end your day by saying one thing out loud that you are thankful for.

**Benefits of Practicing Gratitude:**
- Reduces symptoms of depression
- Lowers blood pressure
- Improves sleep
- Increases happiness
- Increases optimism
- Boosts self-esteem
- Improves decision-making
- Increases life-satisfaction
- Improves relationships
- Increases social support
- Strengthens feelings of work fulfillment

**Resources to Support Your Overall Well-being**
- **FROM WORK:** The Hub > Baystate Healthy
- **FROM HOME OR MOBILE:** baystatehealth.org/employees/baystate-healthy