Gratitude is good medicine

A regular gratitude practice can make you healthier and lead to:

- Better mood
- Better sleep
- Lower blood pressure
- Improved immune function

How to start a gratitude habit

**Soak it in**
Savor those grateful feelings and feel good about yourself. If you enjoy your new habit, you’re more likely to stick with it!

**Repeat daily**
To build a habit!

**Pair it up**
Do your gratitude right after something else you do every day, like brushing your teeth or eating lunch. This makes the habit stick.

**Jot it down**
Grab some paper or a notebook you already have, nothing fancy. Then, just write down anything you feel grateful for.

“I don’t know what to be grateful for!”
It doesn’t have to be Thanksgiving-level to count. Focus on anything simple like:

- For the clouds
- For my heart that keeps beating
- For my friend
- For this sandwich
- For this day