

**USEFUL FOR:**

Learning how to appreciate the little and big things in life that make us smile.

**PRACTICING THE**  
**ATTITUDE**  
**OF GRATITUDE**

When you're feeling down, it's easy to forget the brighter moments of your day. But **reflecting on positive things** can actually make all of the bad stuff feel less important.



## So what is gratitude?

Gratitude is all about focusing on what's good in life, and paying attention to the things you can take for granted. Sometimes you'll feel grateful without even having to try – and that's awesome. But consciously choosing to think about things you're thankful for can make a massive difference to your mood.

## Why is gratitude great?

Because it boosts your physical and mental health. Research shows that practicing an attitude of gratitude can help with this stuff:



Becoming more resistant to stresses in life.



Having a higher sense of self-worth.



Enjoying an instant mood-booster.



Experiencing other positive emotions linked with gratitude.



Improving physical health.

## How to give gratitude a go

- › Turn it into a family game or ritual: each night during dinner, get everyone in your family to say one thing they are grateful for.
- › Keep a gratitude journal: write down three things you are grateful for every day. Keep your gratitude journal to reflect on – especially when your mood is low.
- › Create a gratitude photo album or Pinterest board: take photos of things that make you smile and regularly add them your personal gratitude board.
- › Count your years in gratitude: on your birthday, write a list of things you are grateful for that happened over the past year. Make your list correspond to the age you're turning, e.g. if you're turning 14, have 14 different points.
- › Say thank you to other people: this helps you take notice of things you're appreciative of in the moment, and it makes their day a bit brighter too.

## To wrap up

- › Working on an attitude of gratitude involves actively choosing to acknowledge and appreciate the things you're thankful for in life.
- › Research shows that people who practice gratitude experience better mental and physical health.
- › Try and create a habit or ritual around being grateful. Like any skill, it's one that needs to be practiced.