



Even if you are grateful for the big things in life, like time spent with loved ones and your overall health, it can be hard to practice gratitude on a daily basis when life gets hectic.

However, there are many ways to bring gratitude into your everyday life. Perhaps it's telling people more regularly that you appreciate them and what they do; alternatively, it may be as simple as telling yourself one thing you're thankful for each morning.

While gratitude can make you happier, research has found it offers an even more beneficial effect on your mind and body. The best part? Practicing gratitude is free and can be done anywhere.



### **LESS ANXIETY**

Research suggests that a specific effort to feel grateful, whether journaling or talking about things that you're grateful for, can help reduce anxiety, balance your emotions and reduce feelings of resentment.

### **A HEALTHIER HEART**

In one study, employees who went through a six-week positivity program saw improvement in their blood sugar levels and in some markers of heart health. The employees did different activities, including yoga stretches, practicing gratitude and getting in touch with their intuition



### **BETTER SLEEP**

When people are thankful for the people and positive aspects in their lives, they sleep better. A UK-based study found that not only did thankful people sleep longer, they reported better sleep quality.

### **YOUR BEST LIFE**

One study found that, while gratitude alone offers some benefits, it is more powerful if you pair it with imagining and focusing on your best possible self. To ban those negative thoughts, go ahead and imagine your best possible future.



### **HAPPIER ALL OVER**

When the University of California asked 1,600 people to keep a gratitude journal, the results were impressive. In just two weeks, they reported many physical benefits on the days they felt most grateful, including fewer headaches and less stomach pain, and more positive emotions. So go ahead and write it down – it may help all over!