

All  
Goods?

# Gratitude

Gratitude is noticing and appreciating the good things in your life, big or small.

It can improve wellbeing and reduce anxiety and depression symptoms.

Try these tools.

SWIPE FOR TOOLS >

ONE

# Gratitude Journaling

Write down one thing you are grateful for today. Try writing about why you are grateful for:

1

A Person.

2

A moment.

3

Something you have.

4

Something you've done.

There is no right or wrong! Write what comes and watch your mood shift!

TWO

# Three good things

List the below either on paper or out loud.

- 1 Think of 3 things that went well today.
- 2 Why did that matter to you?
- 3 **Notice** how it feels to focus on the positive.

Saying these out loud helps us to believe it.

## THREE

# Gratitude to others:

Expressing your gratitude to others can shift our mindsets. Try the below.

- 1 Think of someone who helped or supported you.
- 2 Tell them thank you — in person, by text message, or in writing.
- 3 Try to say: What they did, Why it mattered to you .

Not only will this change your day, it'll help change theirs too!

# Recap

Practising gratitude can change our mindset. Try these tools if your feeling Low, in a lull or lonely.

1

Gratitude Journaling

2

Three Good Things

3

Gratitude to Others