

Easy ways to practice gratitude.

Practicing gratitude doesn't require any grand gestures, just a little time and thoughtfulness. Find something that works for you and keep at it.



Keep a journal.

Writing down good moments from the day or a quick list of what you're thankful for keeps those feelings top of mind. Plus, you'll have a written reminder.



Spend time with loved ones.

Helping or spending time with people you care about is a sure way to increase feelings of happiness and gratitude. Celebrate the chance to be together.



Take time to give back.

Volunteering, no matter what you do, not only helps your community, it also can help your own well-being and give you a different perspective.



Say "thank you" often.

Expressing gratitude can strengthen relationships—it feels good to be appreciated! Write a note or say it directly, just be genuine and specific.



Go for a walk outside.

Existing in nature can give your brain a break from to-do lists and responsibilities. Practice truly being present for, and appreciating, every moment.

