

## The Power of Gratitude



**DID YOU KNOW?** Studies show that practicing gratitude for as little as 5 minutes a day can improve your mental wellbeing!

Gratitude is a thankful appreciation for what we have or receive. It's recognizing the good things in your life even in times when things are not going so well.

Gratitude is strongly and consistently associated with greater happiness. It helps people feel more positive emotions, relish good experiences, deal with adversity, and even improve the quality of their relationships!

Journaling is a common way to practice gratitude. Start simple – once a week, reflect and write 3-5 things that you are grateful for.

If traditional journaling doesn't suit you, there are other ways to practice gratitude!

- Write a letter about someone in your life who you are grateful for. Consider giving this letter to them. We often underestimate the positive impact of expressing gratitude. Expressing gratitude will feel good for both you and the person receiving it.

- Gratitude Walk – Take a walk outside with a grateful state of mind. As you walk, take notice of what is around you. What do you smell, see, hear, feel?
- Gratitude Jar – On little slips of paper, write down things that you are grateful for. Put these slips into a jar. On days when you are feeling down, pull out a few notes to remind you of good things in your life.
- Gratitude Rock – Find a small rock. Keep it with you or place it somewhere you will see often. Every time you see it, take a moment to think of something you are grateful for.
- Gratitude Tree – Draw a tree on a piece of paper, and on each leaf write something you are grateful for. This encourages the expression of gratitude, and is a great activity for kids!

### ***INTERESTED IN LEARNING MORE?***

➔ **Sign up for a 7-day gratitude challenge!** Receive an email delivered straight to your inbox each day for 7 days, with tips on how to develop and practice an attitude of gratitude! The challenge will run October 15-21. [Click here](#) to sign up!



*Click here* ↗

➔ **Sign up for our new class!**

This fall, we are offering a presentation called “Intro to Gratitude”. This class is a new add-on to our *Practical Relaxation Series*, which currently includes “Intro to Stress”, “Intro to Mindfulness”, and “Intro to Reframing Our Thoughts”. Intro to Gratitude classes are currently being offered virtually on the following dates:

- October 23 at 10 am
- November 27 at 2 pm
- November 27 at 6 pm

To sign up for a class, please register by emailing [wellness@ierha.ca](mailto:wellness@ierha.ca) or phoning 1-877-979-9355. Check out [our website](#) for more information.

*Source:* <https://positivepsychology.com/neuroscience-of-gratitude/>

Written and submitted by:

Lindsey Grandmont  
Home for the Summer Student, Community Wellness

Marilyn Sitar  
Community Wellness Facilitator  
Interlake-Eastern Regional Health Authority  
Whitemouth District Health Centre  
Phone: 204-348-7191 ext. 4240  
[msitar@ierha.ca](mailto:msitar@ierha.ca)

