

# Gratitude Practices

Gratitude is a positive emotion that involves showing appreciation for the things and people in your life. Practicing gratitude regularly can help to lighten your mood, reduce anxiety and worry, and to build resilience. So how can you practice gratitude? Here are 5 gratitude practices you can include in your daily routine.

## 1. Keep a gratitude journal.

Taking some time to write down a few things you are grateful for is one of the easiest and most popular gratitude exercises. It can help boost your mood after a busy day by shifting your focus to the positive things that happened throughout the day. In your journal, write 3-5 things you are grateful for or moments that made you smile and lightened your mood. You can journal before bed to reflect on the day or early in the morning to start off your day with a positive mindset. Remember, journaling should not feel like a chore. Your goal is to journal at the same time each day or week, making it part of your routine.

## 2. Create a gratitude jar.

A gratitude jar works like a piggy bank. Write down three things you are thankful for and put them in your jar. Do this every day until your jar is full. If you are ever feeling down and need some motivation, take a note out of your jar to remind yourself of the good in your life. Feel free to be creative and decorate your jar with fun colours and stickers to make it personal to you.

## 3. Go on a gratitude walk.

Take a walk in nature and pay attention to the beauty around you. Spending time in nature can help you feel connected to the environment by engaging all your senses. When taking a gratitude walk, focus on the colours, sounds, and scents in your surroundings. During this walk, you want to focus on slowing down and enjoying the simple pleasures of the outdoors.

## 4. Practice gratitude rituals.

Create or practice any rituals or routines that help ground you and remind you to be grateful. Your gratitude ritual is completely up to you! It could involve meditation, saying prayers, and keeping a gratitude stone or object that reminds you to show gratitude.

## 5. Send notes of appreciation.

Write thank-you letters to people in your life. Remember to go into detail and highlight the positive impact they have had on your life. It is also important to tell your loved ones how much you appreciate them out loud. You can make it a goal to express gratitude to one person every day or every week.

