



American Heart Association.

# Gratitude is good medicine

A regular gratitude practice can make you healthier and lead to:



Better mood



Better sleep



Lower blood pressure



Improved immune function



### Pair it up

Do your gratitude right after something else you do every day, like brushing your teeth or eating lunch. This makes the habit stick.

## How to start a gratitude habit

### Soak it in

Savor those grateful feelings and feel good about yourself. If you enjoy your new habit, you're more likely to stick with it!



*Repeat daily to build a habit!*



### Jot it down

Grab some paper or a notebook you already have, nothing fancy. Then, just write down anything you feel grateful for.

## "I don't know what to be grateful for!"

It doesn't have to be Thanksgiving-level to count. Focus on anything simple like:

“For the clouds”

“For my heart that keeps beating”

“For my friend”

“For this sandwich”

“For this day”