



EVERYDAY STRONG

Improve your mood with gratitude

Express your gratitude and feel the benefits

The next time you're stressed, try focusing on what's going well in your life instead of what's going wrong. Positivity and gratitude make life more meaningful and the everyday stresses easier to handle.

Gratitude isn't just about saying thanks. It's about appreciating all the good in your life, big or small. When you adopt an attitude of gratitude, you'll:

- Bounce back from stress a lot faster
- Improve your mental and physical well-being
- Be more optimistic about the future
- Smile more and notice how others smile back

There are so many ways to practice gratitude. Try one of these ideas or come up with your own:

- Take a minute each day to appreciate things you usually take for granted
- Call someone just to let them know you appreciate them
- Do a random act of kindness for a stranger

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