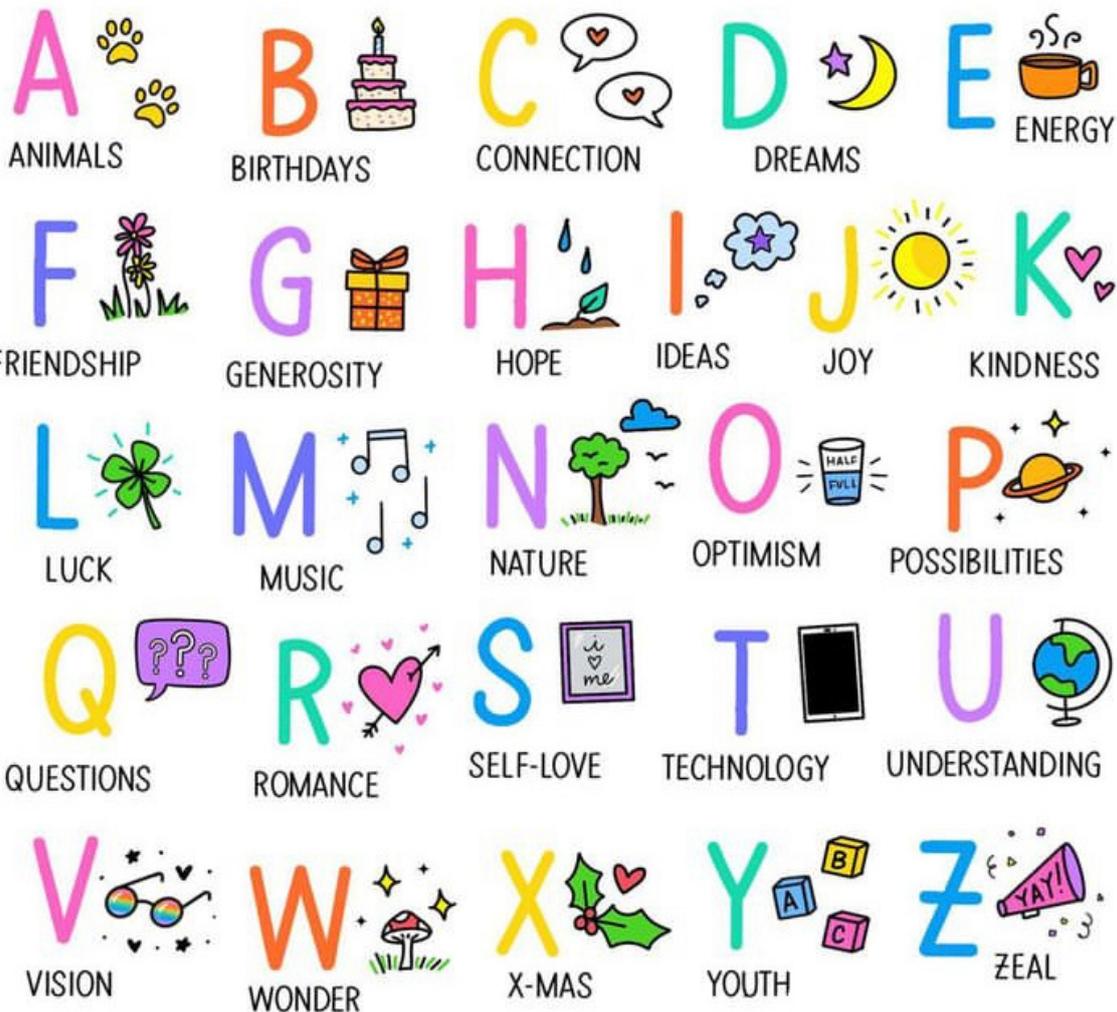


A-Z of Being Thankful



In positive psychology research, being thankful is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships

THINGS *to be* THANKFUL *for*



1. Finding gratitude encourages you to reflect on your day or week.
2. Expressing thankfulness can improve your mood.
3. Practicing gratitude may improve your physical health.
4. Feeling gratitude may help you feel more optimistic.
5. Showing thanks builds connections with others.