Gratitude

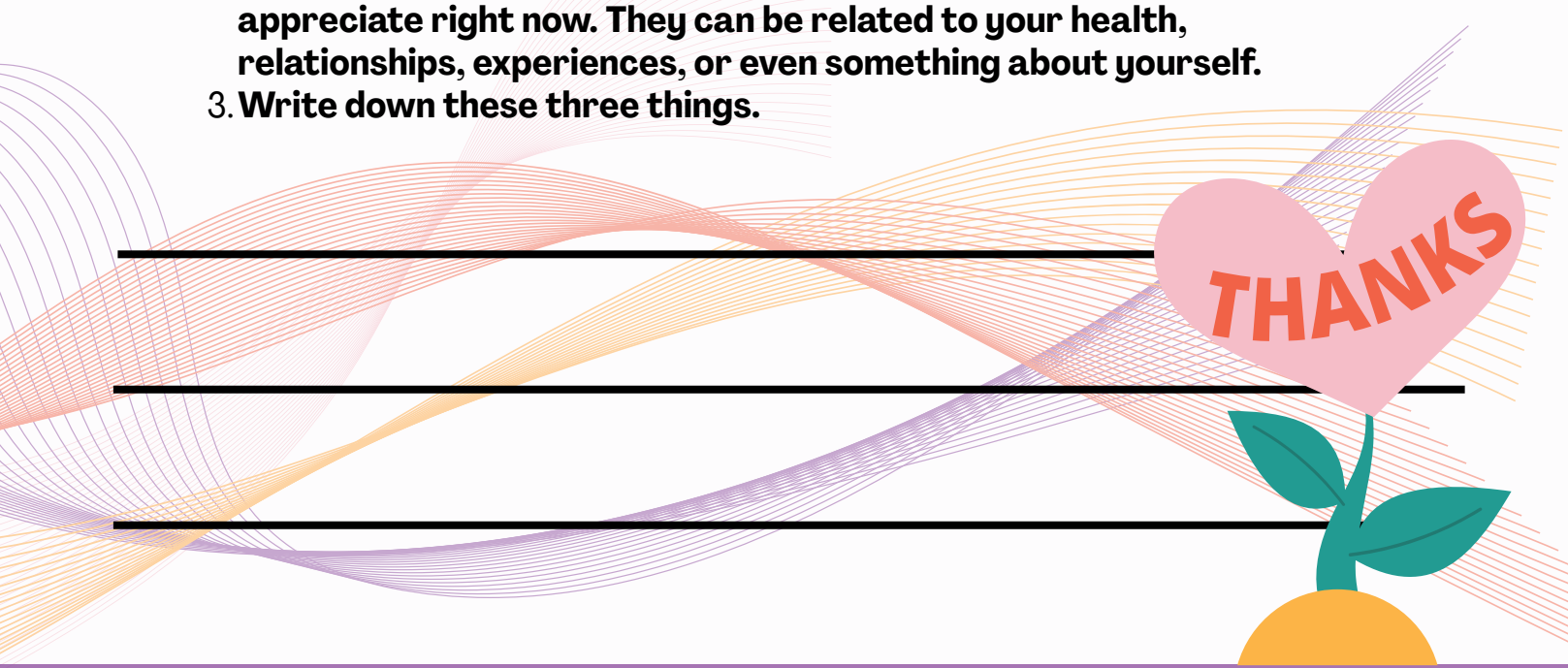
Gratitude is the practice of recognizing and appreciating the positive aspects of your life, no matter how small. It involves consciously focusing on what you have rather than what you lack or what's going wrong.

Research shows that regularly practicing gratitude can improve mood, increase feelings of happiness, and even enhance your overall well-being. When we focus on gratitude, we train our brains to notice more of the good around us, which can help counteract negative thoughts and feelings.

Practicing gratitude doesn't mean ignoring problems or pretending everything is perfect. Instead, it's about balancing out our perspective and acknowledging the good things, big or small, that we might sometimes overlook.

Activity:

1. **Take a few moments to reflect on things you are grateful for today. It could be something big, like a supportive friend, or something small, like a beautiful sky or a warm cup of tea.**
2. **Take a few deep breaths and think quietly about three things you appreciate right now. They can be related to your health, relationships, experiences, or even something about yourself.**
3. **Write down these three things.**



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