

Wellbeing Tip of the Week

Attitude for Gratitude



Finding time in your day to reflect on the things that you are grateful for, however small, can be good for your mental health.

Try to think about 3 things that made you smile, that you appreciate or even acts of kindness that you noticed.

Research has shown that actively practicing gratitude can train the brain to pick up on positive thoughts and emotions more frequently, which helps to reduce anxiety and feelings of worry.

You could try this as a personal exercise, or with family over dinner or with friends.