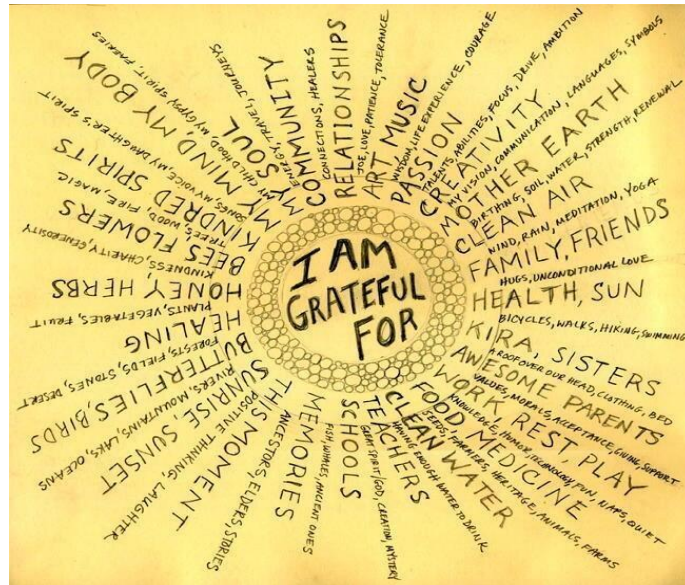


# Wellbeing Tip of the Week

## Attitude of Gratitude (part one)



Encouraging optimism is a great way to improve wellbeing. Feeling hopeful and confident about the future can help us to live longer, heal faster and be less likely to suffer from depression and anxiety. We can train our brains to notice the good things around us, so that we don't get caught in a cycle of negativity. One way to overcome this, is to practice gratitude. This doesn't take up too much time but can make a big difference to how we feel. Here are some examples you can make a start, at the end of each day write down:

- Three good things that happened today
- Three things that made you smile today
- Three kind deeds or actions you saw today
- Three people in your life you are grateful for
- Three things you noticed about nature

You can choose one of these to do on different days, or you can mix them up for one day, or you can make your own categories as well. The idea is to show appreciation for the things in life that help us feel happy. You can even share your gratitude's with other family members or friends and encourage them to do the same.

Here is a link if you need help to get started:

<https://www.lifehack.org/867535/attitude-of-gratitude>