



# THE MENTAL HEALTH BENEFITS OF GRATITUDE



## ► NOTICE THE GOOD

Gratitude starts with awareness. Take a moment each day to notice something positive—a kind interaction, a moment of peace, or even a small win. Focusing on what's going well helps shift your mindset and boost overall well-being.

## ► WRITE IT DOWN

Putting your gratitude into words makes it more real. Try jotting down three things you're thankful for—big or small. Seeing them on paper reinforces positive emotions and gives you something uplifting to look back on.



## ► SAY IT OUT LOUD

Expressing gratitude strengthens relationships. Tell someone you appreciate them, or acknowledge something kind they've done. Gratitude shared not only boosts your mood, it deepens connection.



# THE MENTAL HEALTH BENEFITS OF GRATITUDE



## ► FIND GRATITUDE IN ROUTINE

Look for gratitude in everyday moments—your morning coffee, a warm blanket, a quiet drive. Appreciating simple things encourages a steadier, calmer mindset, even when life feels busy.

## ► REFOCUS DURING CHALLENGES

Gratitude doesn't ignore difficulty—it helps balance it. When things feel stressful, pause and identify one thing going well. Training your brain to notice the positive builds resilience over time.



## ► MAKE IT A HABIT

The benefits of gratitude grow with consistency. Choose a daily cue—like during meals, before bed, or after your commute—to reflect on something good. The more you practice, the more natural it becomes.

## HOW BREE HEALTH CAN HELP

Bree Health offers confidential support, coaching, and wellness resources to support your mental well-being. Log in through the Bree Health mobile app or visit us online anytime to connect with care that meets your needs.