

Gratitude for a Good mood

It feels good to feel grateful



Write it down

Each day, write down 3-5 things you are grateful for. These don't have to be huge things, they can be small things—sometimes those mean more. When you do this every day you will start to see more things to appreciate and your mood will improve.

Say thanks

Expressing appreciation to others lifts your spirit and theirs. That's a win-win. Take a few moments to thank the people in your life with a real, handwritten thank you note. It will mean more to them than you know. You'll boost your mood and theirs.

Thank
you



Get outside

Spend time outside appreciating the beauty of nature. Take time to feel the sun on your skin, to breathe the air, listen to the sounds and smells of nature. Take time to just pause and be present, taking in the beauty of your surroundings.