

Gratitude EXERCISES

Practicing gratitude regularly can improve your mental health by boosting your mood, reducing your stress, improving your sleep, increasing your resilience, and fostering a greater sense of connection with others.

1. DAILY GRATITUDE

write down three things you are grateful for every day. Make this a daily practice. Set your intention by beginning with "Today I am grateful for..." You might be grateful for simple things such as nice weather, doing well on an exam, or spending time with a friend.

2. WRITE A THANK YOU TEXT/EMAIL/NOTE

send someone who you are grateful for a thank you text, email, or note letting them know.

3. GRATITUDE NOTING

stop and notice when you are feeling appreciate or grateful throughout the day. Make a conscious effort to notice when you are experiencing gratitude.

4. SAY "THANK YOU"

If you notice someone doing something that you appreciate, tell them "Thank you." Focus your attention on the small every day things that we often ignore. Did someone hold the door for you? Thank you. Did someone help you pick up something you dropped? Thank you. Did a friend hold a seat for you in class? Thank you.

5. GRATITUDE FOR CONNECTION

Spend some time with someone you care about, take turns listing a few things you are grateful for. Don't rush, take your time explaining and listening to one another.

6. GRATITUDE WALK

Go for a walk and focus your intention and attention on appreciating your surroundings. We have a beautiful campus and there is a lot of nature to be grateful for. Can you hear a bird singing? Do you see a butterfly? Can you smell the wildflowers? Do you feel the cool breeze or warm sun on your skin?

7. GRATITUDE LETTER

think deeply about someone who has made a meaningful impact on your life. Write a letter expressing your thanks and explaining why you appreciate them. You don't have to share the letter if that doesn't feel right for you, but just the act of writing it can help increase gratitude and shift perspective.

8. GRATITUDE CONTEMPLATION

remove yourself from distractions and spend 5 minutes mentally reviewing all you are grateful for from your day. This exercise can be practiced as part of prayer, meditation, or on its own.

*The key to all these exercises
IS CONSISTENCY.*

Try practicing one or more of these daily to gain the most benefit.

