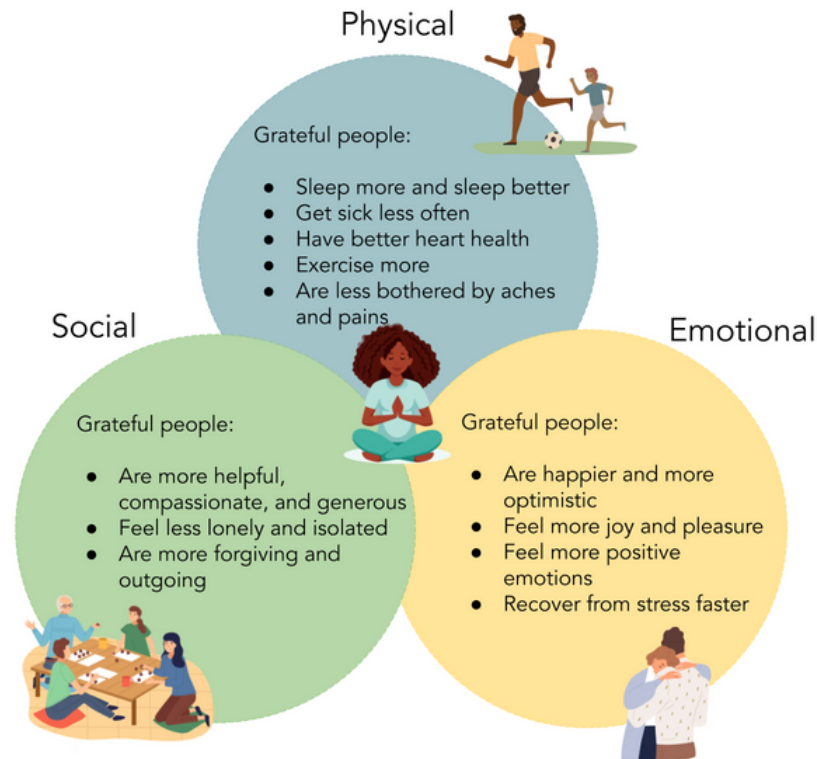




# GRATITUDE & WHOLE HEALTH

## Gratitude and Well-being

Gratitude is good for your health and well-being, and there's research to prove it!



*Adapted from The Greater Good Science Center at the University of California, Berkeley*

Source: Future Learn: Gratitude and happiness: the importance of being grateful [www.futurelearn.com](http://www.futurelearn.com)

### HOW YOU WILL START TO LIBERATE YOUR MIND

- Free the mind
  - Brain dump
  - Journaling
  - Gratitude (documentation routine)
- Heal the mind
  - Exercise mind (breathing exercises, reading, puzzles, colouring)
  - Mindful awareness (Hope & Optimism)
  - Meditation (Solitude & Silence)
  - Exercising the body is therapy to the mind (body-mind health)
- Instruct it
  - Affirmations (daily and even hourly)
  - Visualization (daily)
  - Positive input DAILY! (what are you listening to / allowing in?)

**“It’s not happiness that brings us gratitude but its gratitude that brings us happiness”**