



## The Gratitude Habit

Regularly practicing gratitude through routinely recognizing positive things in one's life has been linked with improved mental health, relationships, and optimism. The following are some ways to incorporate gratitude into your daily life.

**Start a gratitude journal.** Reflect on a moment in your day that you are grateful for and record it in a diary or even in your phone.

**Create a gratitude board.** Using a corkboard, sticky notes, dry erase board, poster board, or whatever works best for you, display what you're thankful for in your home as a visual reminder.

**Fill a gratitude jar with things you're grateful for.** When you need a boost, pull an item from your jar as a reminder of the positive things in your life.

**Carve out a time to practice gratitude.** Whether this is through meditation, prayer, volunteering, or taking time to notice things around you on an evening walk. Take time daily to be in the present and reflect on even the simplest of things that bring you joy.

**Are you in a rut and finding yourself having a hard time being optimistic or finding enjoyment in your daily life? It may be time to reach out to your Employee Assistance Program for professional help.**

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Fulton, Bethany. "How to Start a Gratitude Practice." Healthline. Accessed July 10, 2023 from <https://www.healthline.com/health/benefits-of-gratitude-practice>



### Your Employee Assistance Program

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. To access these services, call or log on to get started.

**Toll-Free:**  
1.800.765.0770

**Website:**  
[www.EAPHelplink.com](http://www.EAPHelplink.com)

**Code:**  
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