

Summer of Gratitude

Week 3 - Gratitude Improves Health



- Better Sleep
 - Writing in your Gratitude Journal at night could improve your quality of sleep.
 - Instead of mentally fretting about the day, writing down positive notes before bed can help calm the brain.
 - [A 2009 study](#) looked at over 400 adults quality of sleep after keeping an evening journal. It was found that the participants were able to fall asleep faster and for a longer duration.
- More Exercise
 - [In this 2003 study](#), it was determined that those who kept a gratitude journal instead of a “hassles” or “life events” journal exercised an average of 40 more minutes each week.
 - The grateful group expressed more optimism about the upcoming week and reported less complaints about physical pains compared to the other two groups.

[Need ideas for your gratitude journal?](#)

[What positive things help you to fall asleep or improve your exercise participation?](#)