

Summer of Gratitude

Week 4 - Gratitude Improves Health



- Less Medical Attention
 - Keeping a gratitude journal can improve your body's biochemistry.
 - Focusing on the positive things in life can improve your HDL and LDL cholesterol levels and lower blood pressure.
 - These improvements can reduce the risk of cardiovascular disease.
- Other improvements include:
 - Lower levels of the stress hormone cortisol
 - Reduced risk of experiencing depression
 - A reduction in dietary fat
 - Increase optimism and reduction of hopelessness for those with suicidal thoughts
 - Lowered A1c levels.
- [Read more here.](#)

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

Who or what are you grateful for that keeps the doctor away?