

Summer of Gratitude

Week 5 - Gratitude Improves Health



- Increase Lifespan
 - Simply put, a gratitude journal can improve sleep, increase exercise, and improve health indicators such as cholesterol and blood pressure which can increase your lifespan.
 - Depending on the study, exercise can improve your lifespan by
 - 7 hours
 - 3 years
 - 5 years
- Less than six quality hours of sleep each night could lead to premature death. Too much sleep is not always a good thing, either.
- Lower systolic blood pressure has been linked to less cardiovascular health risks. Lower than 120 mm Hg is optimal.

Need ideas for your gratitude journal?

What would you do with your extra years of life? Whom or what would you like to have with you during this extra time?