

Summer of Gratitude

Week 6 - Gratitude Improves Emotional Wellbeing



- Resilience

- When we say someone is resilient, we typically mean that they can bounce back from a difficult situation better than others.
- The American Psychological Association lists three ways to increase resilience. These involve keeping things in perspective, viewing yourself in a positive light, and remaining optimistic. All three of these things can be achieved by keeping a gratitude journal.
- [Read about resilience here.](#)

- Relaxation

- Gratitude can help with developing a state of complete relaxation.
- When we express gratitude, it can provide us with a sense of wellbeing, ease, relaxed, and at peace with the world and individuals around us.
- Gratitude is a form of mindfulness, which can assist with relaxing the body
- [You can practice a gratitude meditation here.](#)

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

Who helped you to better manage a troubling time? What helps you to relax after a stressful day?