

Summer of Gratitude

Week 7 - Gratitude Improves Emotional Wellbeing



- Happier Memories
 - “Gratitude is when memory is stored in the heart and not in the mind.”
-Lionel Hampton
 - As we age, our memories tend to fade and slightly change. We tend to elaborate on certain details and forget others. Gratitude makes us more likely to remember positive memories or turn negatives into positive.
- [This study](#) took 411 participants and asked them to write about some of their earliest memories.
 - Half of this group also wrote a letter of thanks to someone who deserved it.
 - This half saw an increase in happy memories after the letter was delivered.
- Gratitude can help to re-write our memories and turn them into positive events.

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

What is one of your happiest memories? Who helped to make this memory?