

1/6 | GRATITUDE DAY

## Gratitude towards others, well-being for yourself!

IT MAY SEEM STRANGE, BUT THAT'S HOW IT WORKS! THE MORE GRATEFUL YOU ARE TOWARD OTHER PEOPLE AND LIFE CIRCUMSTANCES IN GENERAL, THE MORE YOU BRING WELL-BEING TO YOUR MENTAL HEALTH.

That's what researchers from different American universities, including Indiana, Berkeley and Harvard, say about this matter.

According to scientists and mental health professionals from all these institutions, being grateful and recognizing the positive things in everyday life can contribute to having:



- Increased self-esteem
- Increased capacity for mental strength



- Higher levels of empathy
- Feelings of happiness



- More optimism
- Improved sleep quality



- Better relationships
- Workout motivation



Take advantage of White January, a month dedicated to mental health care, and exercise your gratitude.



### Here are some tips!

- 1) **Have a gratitude journal:** you can use it to write things about which you felt thankful for throughout the day.
- 2) **Thank someone mentally:** there isn't always time to take note of everything, so, giving thanks mentally is also valid.
- 3) **Count the positive things:** consider sensations, moments, achievements, they're all valid.
- 4) **Write compliments for people you admire:** take the time to say why you are grateful for their existence in your life.
- 5) **Exercise gratitude:** the more you practice it, the more benefits you can obtain from it.

AND REMEMBER, IT IS ALWAYS THE RIGHT TIME TO ASK FOR PROFESSIONAL HELP! Sometimes all we need is a good talk to be able to get a new perspective on life – one filled with much more gratitude!

