

Practicing gratitude

Noticing what we feel grateful for can, over time, help us feel more positive, improve our relationships, and support good physical and mental wellbeing.

Showing appreciation for the people around us can help spread positive wellbeing.

Top tips

Encourage others to think about what they appreciate or feel thankful for. These might be moments, things, people, or more.

It may help to write these thoughts down. Practicing gratitude can be an everyday personal activity or built into community activities.

If you run community groups, you could try:

- A gratitude noticeboard where people can add what they are thankful for as a visual reminder of all that is good in people's lives.
- Starting each session by inviting people to share something they're grateful for today.

If people find it difficult to feel thankful, you could use prompts like:

- What little things in life bring you joy?
- What are you looking forward to?
- Who do you love or care for?
- Have you noticed anything beautiful in the world around you?
- Has someone been kind to you?
- Is there something you are proud of?