

Practicing gratitude

感恩练习

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

留意我们心怀感激的事物，久而久之，能帮助我们感到更积极，改善人际关系，并促进身心灵健康。

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

向身边的人表达感恩，也有助于传播积极的正能量。

Top tips

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

鼓励他人思考自己珍视或感恩的事物，其中包括某个瞬间、物品、人或更多方面。

It may help to write these thoughts down.

把这些想法写下来可能会有所帮助。

Practicing gratitude can be an everyday personal activity or built into community activities.

练习感恩可以成为日常的个人习惯，也可以融入社区活动中。

If you run community, groups you could try:

如果你是组织社区活动的人，你可以尝试：

- 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.

设置一块“感恩留言板”，让大家写下感谢的事，用视觉作为人们生活中美好点滴的提醒。

- Starting each session by inviting people to share something they're grateful for today.

在每次活动时，邀请参与者分享一件今天值得感恩的事情。

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

如果人们一时想不到感恩的事情，可以通过以下的提问引导人们

What little things in life bring you joy?

生活中的哪些小事让你感到快乐？

What are you looking forward to?

你最近是否在期待什么？

Who do you love or care for?

谁是你关爱或在乎的人？

Have you noticed anything beautiful in the world around you?

你是否有留意到身边风景的美好之处？

Has someone been kind to you?

最近是否有人对你好？

Is there something you are proud of?

有没有什么事情让你感到骄傲？