

Being grateful comes with benefits

Research shows that grateful people tend to be happy and healthy.

People who express gratitude:

- Have lower levels of stress
- Have lower levels of depression
- Cope better with adversity
- Sleep better

Five ways to show and express gratitude

- 1** Write in a personal journal
- 2** Give thanks before meals
- 3** Say “thank you” in person or send a text
- 4** Send a handwritten greeting card
- 5** Volunteer in your community



Challenge yourself to express gratitude to at least one new person each week. It can be a family member, friend, teacher, coach, delivery driver, cashier or anyone who is important in your life.



HealthPartners®
Park Nicollet®

healthpartners.com/coronavirus