


Gratitude Exercises Social Media Bundles

WHY GRATITUDE?



Quite simply, to make you **feel happier!** Research shows that expressing gratitude can help us feel happier, healthier, and more productive. Noticing **good things** around you, thanking others for the little things they do, or keeping a **hopeful** attitude are just a few examples of expressing gratitude.

Find out more at jack.org/covid

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PERSONAL GRATITUDE



One of my strengths that I am grateful for is

One thing I can do to express gratitude is

One person I am grateful for is

One memory I am grateful for is

One challenge I am grateful for is

One beautiful thing in my life I am grateful for is

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GRATITUDE NOTES

1. Find yourself a journal or some blank pieces of paper.
2. Every morning, write one thing you are thankful for.
3. Every evening, re-read what you've written that day and in the days before.

There are many things, big and small to be thankful for in our lives. Try and hold onto these.

You're doing great.



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SPREADING GRATITUDE

With friends and family, **make a commitment** to send each-other one message a day to keep yourselves connected.

This can be as simple as **sending a friend** a meme, an encouraging message or a funny video, once every day or two.



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GRATITUDE REMINDERS

It's important to remind ourselves to be grateful for the good things in our lives and the good things we bring into the lives of those around us. If you're feeling down and in need of a little boost, look at the list below to see if anything jumps out at you! Try it out – say it out loud. Say it a few more times. Think about how it makes you feel stronger. **You got this.**

- I am capable
- I am valuable
- I am enough
- I am a good person
- I deserve love
- I deserve compassion
- I deserve patience
- I am doing the best I can



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