



HOSPICE
RED RIVER VALLEY

Practicing Gratitude

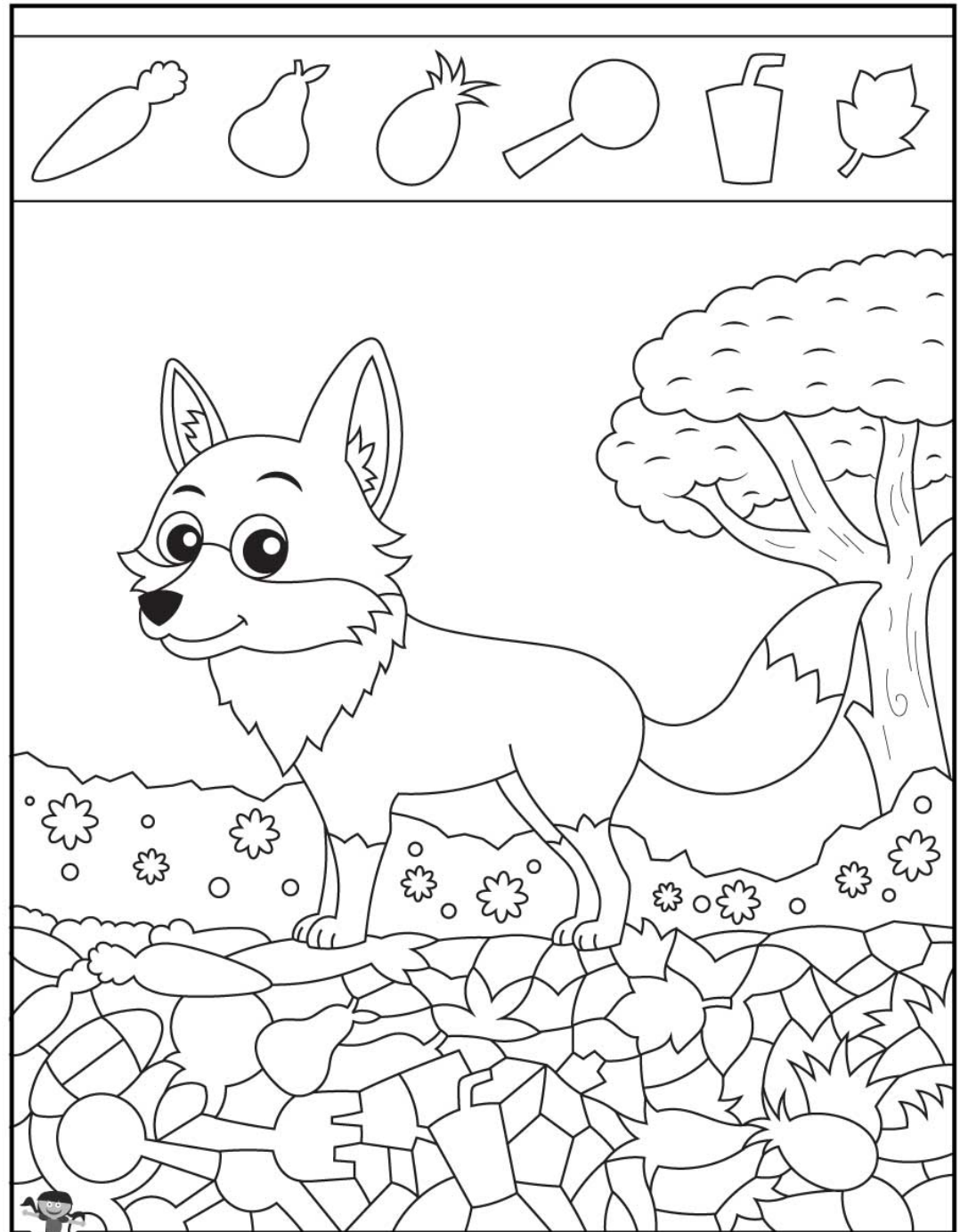
Practicing gratitude has emotional and physical health benefits: increased sense of happiness, positive impact on well-being and self-esteem, improved sleep, lower blood pressure and reduced depressive symptoms. With these benefits and more, here are suggestions for how to practice gratitude in your daily life:

- Keep a gratitude journal or list and add to it everyday.
- Tell someone you love them and how much you appreciate them.
- Notice the beauty in nature.
- Nurture your friendships.
- Smile frequently.
- Include an act of kindness in your life each day.
- Call or contact your loved ones often.
- Meditate with your gratitude list, giving thanks for all your good fortune.
- Practice gratitude at the same time every day to make it a habit.

“If you see something beautiful in someone, speak it.”

– Ruthie Lindse

Hidden Picture – FOX



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(800) 237-4629

questions@hrrv.org

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