



“Be present in all things,
and thankful for all things.”

– **Maya Angelou**

Practicing gratitude helps us to be mindful of what we have and better cope when things get tough. It helps us appreciate the good in our lives, which can have a far-reaching impact. But did you know that practicing gratitude may also improve treatment outcomes and improve overall mental health? Research on gratitude offers evidence to show that practicing gratefulness can make us feel more positive, improve our relationships, improve our self-esteem, and even improve our physical health (Forbes, 2014, [link below](#)).

There are many ways we can practice and show gratitude in our lives. See below for a few ideas to get you started:

1. Write a letter to someone you are thankful for.
2. Take time to reflect on and identify at least one thing you are grateful for each day.

3. Keep a journal of things you are grateful for.
4. Say 'thank you' to someone.
5. Find ways to show appreciation to those you appreciate!
6. Make a gratitude list.

With Thanksgiving coming up soon, now would be a great time to start practicing more gratitude in our every day lives.

For more information about research findings on gratitude, take a look at the three articles below:

[7 Scientifically Proven Benefits Of Gratitude That Will Motivate You To Give Thanks Year-Round \(forbes.com\)](#)

[Giving thanks can make you happier - Harvard Health](#)

[How Gratitude Changes You and Your Brain \(berkeley.edu\)](#)

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