



HEALTH ASSOCIATES®

Your Workplace Wellness & EAP Partner

Brought to you by H & H Health Associates

November 2024



Practicing Gratitude in Everyday Life

Many people live with a mindset of always wanting something more, whether a higher-paying job, different relationships, or material objects. It is easy to see the grass as greener elsewhere and to take aspects of your life for granted. Author Roy T. Bennett said, “Be grateful for what you already have while you pursue your goals. If you aren’t grateful for what you already have, what makes you think you would be happy with more?”

Gratitude is the quality of being thankful and can change your life for the better. There are numerous benefits to practicing a life of gratitude, such as improving your mental and physical health, coping skills, happiness, relationships, and sleep, as well as reducing anxiety and depression. Here are some tips for cultivating your practice of gratitude.

Practice mindfulness

Whenever you notice your thoughts shifting to the past or worrying about the future, this is a reminder to refocus on the present moment. Be grateful for things just as they are—right now. Deep breathing exercises can help bring you back to the present moment by slowing down your heart rate, lowering stress levels, and making you feel more relaxed.

Turn off auto pilot

Often your brain runs on auto pilot while performing daily tasks, such as when cooking a meal or driving to work each day. Try to notice when you might be in auto pilot mode, as you are more likely to miss out on what’s right in front of you.

Count your blessings

Grateful people tend to have a sense of abundance rather than scarcity. Be grateful for the big and small things in life. Focus on all that you have versus what you feel your life is lacking. As you begin a gratitude practice, it can be helpful to write down what you’re grateful for on a daily or weekly basis.

Don't compare yourself to others

Everyone is on their own journey in life and lives within different circumstances. As Theodore Roosevelt said, "Comparison is the thief of joy." Rather than striving for perfection, do your best with what you have. Even though someone else might seem to have it easier than you in one aspect of life, they likely have other struggles that you don't know about.

Be grateful for yourself

Many people go through the day without showing themselves much self-love. Have gratitude for just being you. Remember that you are worthy and your contribution to the world matters.

Share your gratitude

It's important to show ourselves gratitude and feel good when we've made a contribution. Equally important is being able to acknowledge other people's successes and acts of kindness. Realize when people are doing a great job or going out of their way to help you. Let people know when you appreciate them.

Spread positivity

Make an effort to be kind when interacting with others, whether loved ones, coworkers, or strangers. When you approach situations with positivity, notice how people tend to reciprocate. Small gestures like calling someone on their birthday or giving a sincere compliment can go a long way. This can also help foster feelings of gratitude.