# What are you grateful for?

Adopt an attitude of gratitude and boost your mood.

When you’re stressed, do you focus on what’s going wrong? If you do, you’ve probably noticed it doesn’t really help your stress level. Next time, try concentrating on what’s going well and what you’re grateful for. Positive thinking makes it easier to handle stress.

Gratitude is about more than thanking people for giving or doing something for you. It’s about appreciating all the good in your life, no matter how big or small. Gratitude helps you:

* Bounce back from stress a lot faster
* Feel better, both mentally and physically
* Be more optimistic about the future

There are lots of ways to practice gratitude. Here are just a few:

* Take a minute each day – maybe while you’re stuck in traffic – to appreciate things you usually take for granted
* Write a thank you note to someone who isn’t expecting it
* Start a Pay It Forward challenge to spread and share good feelings with others

You’ll be pleasantly surprised at how much happier you feel when gratitude becomes part of your daily routine

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