

Some Benefits of Gratitude

Being grateful...



**IMPROVES PHYSICAL
HEALTH**



**IMPROVES
SLEEP**



**IMPROVES PSYCHOLOGICAL
HEALTH**



**INCREASES
EMPATHY**



**REDUCES
AGGRESSION**



**INCREASES SOCIAL
CONNECTION**



**ENHANCES
SELF-ESTEEM**



**IMPROVES MENTAL
STRENGTH**

(Based on Mike Oppland, “13 Most Popular Gratitude Exercises,”
<https://positivepsychology.com/gratitude-exercises/>)