



February

PRACTICING GRATITUDE

What is Gratitude?

Gratitude is showing appreciation or thankfulness for the good things in your life.

The Benefits of Gratitude

Gratitude has been found to reduce feelings of stress and anxiety. It has also been found to shift away negative thoughts which can boost your mood.

Gratitude Exercises

- Write down what you are thankful for
- Thank someone who is kind to you
- Track daily positive actions and words
- Appreciate your community and loved ones

If at any point things become unmanageable, know that you are not alone. Please reach out to NYC WELL for immediate emotional support. NYC WELL: [1-888-692-9355](tel:1-888-692-9355)

If you or someone you love is interested in beginning therapy you can find more information about Hudson Guild's Mental Health Services by calling (212)-760-9822

