



The science behind saying 'Thanks'

As a way to keep us safe, did you know your brain tends to focus on negative things? It sure seems like 2020 had no shortage of those. But if you make an effort to focus instead on what is going well and what you're grateful for, your health can really benefit.

Studies show that being grateful can help you:

- **Feel more optimistic**
- **Increase your self-esteem**
- **Reduce stress and anxiety**

Try it for yourself:



Make it a habit.

Note 3 things you're grateful for during the day.
Encourage your family members to do the same!



Let others know you appreciate them.

An easy way to do this? Just practice saying aloud the compliments that you're already thinking about others.



Stick with it.

If giving thanks feels cheesy or contrived at first, give it some time. Gratitude is a skill that requires practice!

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