

Tell us what you think!



## GRATITUDE JOURNAL STRATEGY POSTCARD

Check out the evidence!

### Gratitude journaling involves:

**1** Writing down in detail events or experiences for which you are grateful.

**2** Reflecting on and reliving those experiences.

### How to do gratitude journaling?



There is no right or wrong way to journal, but some basic tips to keep in mind are:

**Elaborate on why you feel grateful.** The more details you write down, the more you will remember!



**Start small.** Consider the things that are around you for which you are grateful! You may also reflect on your own contributions, such as helping a colleague or supporting an important cause!



If you're having trouble starting out, try out some of the journal prompts below. ★

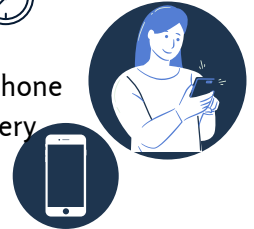
### When to gratitude journal?



Anytime you decide to journal, have the goal of writing regularly. Research suggests that writing a **couple times a week** is most beneficial, so no need to overdo it!<sup>1</sup>



Make it as **easy as possible for yourself!** Journal on your smartphone or turn it into a habit such as every other evening before bed!



### Research evidence for effectiveness

Research shows that there are many benefits associated with gratitude journaling, for instance:

Enhances awareness of positive moments<sup>2</sup>



Increasing self-esteem and sleep quality<sup>3,5</sup>



Better interpersonal relationships<sup>7</sup>



Reducing depression & anxiety symptoms<sup>4,6</sup>



### ★ Sample Gratitude Journal Prompts:

Write about...

...a friend, family member, or pet for which you are thankful.



... a favorite hobby or activity that brings you joy.



list 3 things that made you happy today.



...a time you offered your support, either to a friend, a colleague, or even for an important cause.



...a time you went the extra mile to help someone.



...a time you made someone laugh!



### CONTACT INFORMATION

