

Gratitude for Positivity

Practicing gratitude helps fire up positivity neurons in your brain. It may also help you feel calmer and less stressed.



Daily check-in

Use a phone reminder to check in daily and reflect on the positive things that happened that day.

More is better

Say "thank you" more often to your loved ones and to strangers.

Bedtime habit

Make gratitude a part of your bedtime routine.

Feel-good reminders

Create a gratitude jar. Place gratitude notes in the jar and when you're feeling down, read some of them.

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