



How Right Now

Gratitude Works

Gratitude may be the best-kept secret to help reduce stress and feel better. Practicing gratitude every day can improve your physical and emotional well-being.

Learn more about ways to practice gratitude and resources that can help.

Ideas for Practicing Gratitude



Think about why you are grateful for you.

Are you grateful for your good health? For the project that you completed? Be kind to yourself by being thankful for making it through a hard time, even if you weren't able to accomplish everything you wanted to.



Write a letter to a friend or call someone and tell them you are grateful for them and why.

Think of someone who did or said something that changed your life for the better—someone you never properly thanked, someone you may not have thought about or seen for a while. Write a letter of gratitude to this person.



Do a favor for someone you are grateful for, or if you can, consider volunteering.

Leave a meal, a plant, or a card on a friend's doorstep. Consider volunteering for an organization or activity where you can help others.



Start a gratitude journal.





Once a week, give yourself 10 to 15 minutes and write down people, places, objects, memories, or events you're grateful for.

2/4

Resources



Practicing gratitude can improve health and happiness. These exercises can encourage you to express gratitude in a thoughtful, deliberate way.

- [Cultivating an Attitude of Gratitude \(National Alliance on Mental Illness\)](#) 
- [13 Popular Gratitude Exercises & Activities \(PositivePsychology.com\)](#) 
- [Gratitude Helps Minimize Feelings of Stress \(Psychology Today\)](#) 
- [Gratitude Journal \(Greater Good Science Center at University of California, Berkeley\)](#) 

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Was this page helpful?

Yes

Partly

No