

# MENTAL HEALTH/ANXIETY

to be  
like me

WRITING PROMPT

## Gratitude Journaling



Click on the photo to meet Chris.  
He will tell you why it is beneficial to  
keep a gratitude journal.



### Did you know?

Studies have found that giving thanks and counting blessings can help people sleep better, lower stress, and improve interpersonal relationships.

Keeping a gratitude journal decreased materialism and bolstered generosity among adolescents.

<https://www.npr.org/sections/health-shots/2018/12/24/678232331/if-you-feel-thankful-write-it-down-its-good-for-your-health>

# Gratitude Journal

This week, choose three days to write down things for which you are thankful.

Day 1

Day 2

Day 3

At the end of the week, reflect on your experience with keeping a journal.

Do you think that it impacted your week in a positive way?

Was it difficult or easy to find things to be thankful for?

What would you tell someone else about keeping a gratitude journal?

Reflection