CAPS presents

**Mental health tip of the month:**
*Expressing Gratitude*

**What is gratitude and why is it beneficial?**

Gratitude is defined as the state of being grateful and expressing thankfulness. Research has found that experiencing gratitude has many benefits for an individual’s mental health. For example, it increases happiness, helps people connect with others, and also has the potential to improve an individual’s health. Some people practice gratitude by journaling about what they are grateful for while others meditate and pray to express their thanks. There are many ways to practice gratitude and I encourage you to find the best practice for you.

**Here are some quick and easy ways to practice gratitude in your everyday life:**

1. **Make a gratitude Journal**
   Write every day about one thing you were grateful for that day. It could be anything big or small. For example, you could write about the weather or about a friend.

2. **Take a minute to appreciate the small moments in your life**
   We often forget about the small things that make us happy in life, so take time to live in the moment, be mindful, and cherish these things. Express gratitude for everything and everyone that makes you smile and laugh.

3. **Tell someone in your life that you are thankful for them**
   It is easy to take people for granted who have been there with you for a long time. Take some time out to tell a friend or your parents that you are thankful for everything that they have done for you. It feels great when you make people feel appreciated!