



## **How to increase Gratitude?**

Gratitude is a feeling of appreciation towards others for what the person has done to help us. It involves a feeling of gratefulness or thankfulness for being in the present moment. Practicing gratitude helps to improve our mental health and happiness and helps us get through hard times.

### **Benefits of Gratitude**

- Improves mental health
- Improves sleep
- Increases happiness
- Healthier relationships

### **Ways to Enhance Gratitude**

- **Appreciate the little things** - Be thankful for simple events that occur each day, like having good weather, having a tasty meal, and suddenly your favorite song playing on shuffle
- **Practice mindfulness** - Take deep breaths and be aware of the present moment without judging it.
- **Spending time with loved ones** - Communicate to your loved ones about how much you appreciate their efforts and how you feel about them or engaging in activities that are liked by them.
- **Expression of gratitude to others** - Verbally express gratitude often by saying thank you or leaving thank you notes
- **Practicing gratitude rituals** - Celebrate daily achievements, praying before meals, and thanking others often
- **Create a gratitude jar** - It is similar to piggy banks; write about things you are grateful for and, place it in a container, read it whenever you are feeling down

- **Create a gratitude jar** - It is similar to piggy banks; write about things you are grateful for and, place it in a container, read it whenever you are feeling down
- **Appreciate community and service workers** - Say thank you with a smile to community and service workers like waiters, shopkeepers, police officers, or drivers
- **Gratitude journal** - List three good things you are grateful for each day or count how many 'thank you' you say in a day

Gratitude is about practice and it takes time to develop. It is not about making people feel like they owe us; it involves appreciating the efforts others have made on your behalf without expecting anything in return.



For scheduling an appointment with a counsellor at  
Bharathiar Counselling Centre,  
call 0422-2428465 or email [bcc@buc.edu.in](mailto:bcc@buc.edu.in)