

People who regularly express and feel gratitude tend to be more optimistic and satisfied in life, have higher self-esteem and sleep better. They also tend to have stronger relationships and communities. And they may even have improved physical health. People who show more gratitude are more likely to exercise more frequently and have fewer visits to physicians.

How gratitude works?

Expressing and acknowledging gratitude helps you affirm the goodness in your life, and the sources of this goodness. This in turn can help you keep perspective and be more resilient, even in stressful and difficult times.

Adopting gratitude

You can pro-actively practice gratitude and make it a regular part of life. Here are some get-started ideas:

- *Keep a journal*

Writing down what you're thankful for helps to keep you thinking about the positive aspects of your life, which may help keep stress and difficulties in perspective. It also gives you a log of positive memories to revisit and relish.

- *Send a thank-you letter*

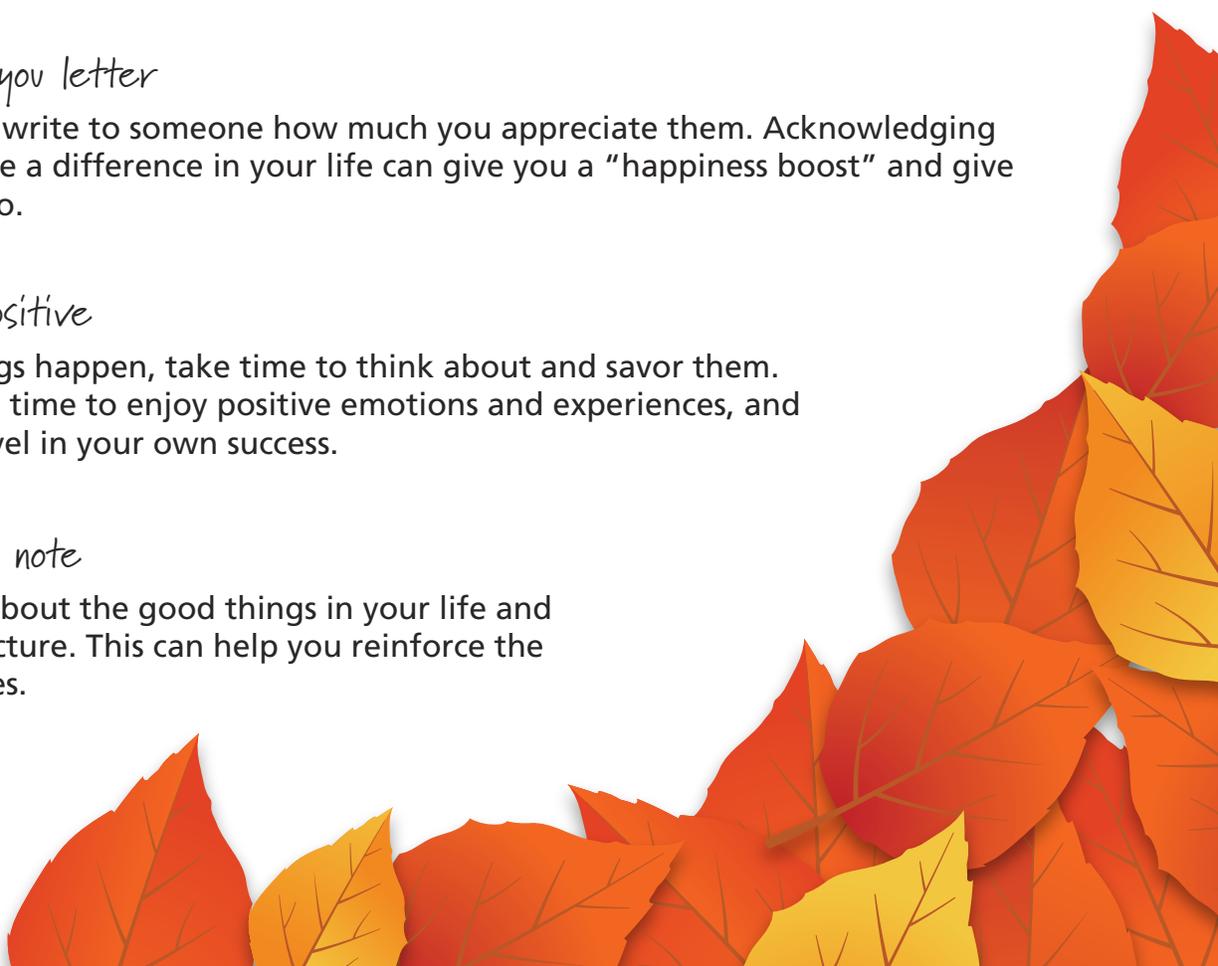
Take the time to write to someone how much you appreciate them. Acknowledging people who make a difference in your life can give you a "happiness boost" and give them a boost, too.

- *Focus on the positive*

When good things happen, take time to think about and savor them. Give yourself the time to enjoy positive emotions and experiences, and permission to revel in your own success.

- *Make a mental note*

Each day, think about the good things in your life and take a mental picture. This can help you reinforce the positive memories.



- *Share the joy*

Make sharing what you're grateful for a regular part of your routine. For example, take time during family dinners or outings with friends to share three things for which you're thankful.

- *Get help*

Gratitude can go a long way in helping you instill short- and long-term positive feelings. It also may help you be better equipped to bounce back from hard times.

If you or your loved one need additional help:

2-1-1 Idaho Careline

Optum's 24/7 Member Access and Crisis Line: **1-855-202-0973**

National Suicide Prevention Lifeline: **1-800-273-8255**

Optum Public Toll Free Help Line: **1-866-342-6892**

Optum Substance Use Treatment Helpline: **1-855-780-5955**

Or visit www.optumidaho.com

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