**Gratitude Handouts**

**Incorporate gratitude to your everyday life:**

* Gratitude journal

A Journal to hold written expressions of gratitude, ideally to be used daily. Use our “Weekly Gratitude” template (see separate handout) or create your own. You can also find various free resources online to support you in your gratitude journal creation, for example <https://www.101planners.com/gratitude-journal/> provides free online and printed gratitude journal templates (we are not affiliated with the website).

* Gratitude expression (in person or written)

Less structured approach to express gratitude, could be either verbal or written. Recommended for individuals first starting their gratitude practice if a gratitude journal feels like too much of a commitment. For example, saying aloud “Thank you for \_\_\_”, “I am grateful for \_\_\_”. Look at the last page for further wording suggestions.

* Gratitude jar

A different way to express gratitude and can accompany other methods of your gratitude practice, such as the journal. Write what you are thankful for on a note and leave it a container. This is a less committal option than the journal as you can use any scraps of papers which will be collected in the jar.

* Three good things

Similarly to the gratitude journal, this exercise asks you to write down three good things that happened today. You can also modify the exercise by writing three good things that happened this weeks and work your way to daily.

* Gratitude practices to suit you

Expressing gratitude can be a very personal experience. Explore the suggested ideas but please don’t feel restricted by them. Look at different ideas and make gratitude work for you.

**Useful resources:**

* <https://greatergood.berkeley.edu/topic/gratitude> - Science based magazine providing easy to read articles
* <https://www.futurelearn.com/courses/gratitude-teach-out> - Free introductory course on gratitude (enrolment available at a further date), managed by future learn and not associated with the Wellbeing & Recovery College

**Expressing gratitude – wording and main areas**

**Wording examples:**

* I am grateful for (what?) because (why?)
* I am truly blessed to have (what?) because (why?)
* I am truly grateful for (what?) because (why?)
* I am so happy and grateful for (what?) because (why?)
* With all my heart thank you for (what?) because (why?)

**Main areas:**

* Health & mind
* Work & success
* Education
* Relationships (humans and animals)
* Nature
* Material goods & services
* Love & passions

If you would like to share any of your gratitude practices, please email us at wellbeingrec@mpft.nhs.uk