

# Tip sheet

## Gratitude

Gratitude is a powerful tool for enhancing wellbeing and fostering a positive outlook on life. Here are some practical tips to help you incorporate gratitude into your daily routine.



### Keep a gratitude journal

#### Daily entries

Each morning or evening, jot down three things you're thankful for that happened to you that day or the previous day. It's even more powerful if you read your daily lists back at the end of the week or month and realise how many good things have happened to you or that you enjoyed in your life each day.

#### Focus on simplicity

It is important to appreciate both small and big achievements when they occur. Be we have more simple pleasures each day that we could notice and appreciate more, such as a warm cup of tea, a hot shower at the end of the day, something that made us laugh, a compliment given to us, a cuddle with an animal or laugh with a friend.

#### Shift your mindset

This practice helps you focus on abundance rather than scarcity. You begin to look for the good things in your day to note down in your gratitude journal each day.

### Practise mindfulness

#### Pause and breathe

During stressful moments, take a few deep breaths to centre yourself. To the count of 3 breathe in, hold the breath for 5 and breathe out slowly to the count of 7. Repeat this three times to calm the mind and body.

#### Reflect on the positives

Think about recent positive events or people who have made a difference in your life.

#### Stay present

Mindfulness helps you appreciate the present moment and the good it holds.

### Express gratitude to others

#### Thank colleagues and family

Sometimes those we spend a lot of time with can get overlooked, or their offers of assistance are taken for granted. Make it a habit to thank those around you, in different ways, for their efforts and kindness.

#### Boost moods

Expressing thanks for something not only improves your mood but also creates a positive environment for everyone involved.

#### Build connections

Regular expressions of gratitude strengthen your relationships with others. It shows you noticed them and their contribution in a genuine way.

## Engage in acts of kindness

### Small gestures

Help others through small acts of kindness, like offering to get someone a drink or returning the favour of helping a colleague with a task you know how to do.

### Larger acts

Participate in charitable activities or volunteer work that you believe in to make a bigger impact.

### Create a gratitude cycle

Helping others reminds you of what you have to be grateful for, the good in the world and your role in contributing to it. Get friends involved in helping others who need assistance so the gratitude grows.



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