



## THE SEVEN SCIENTIFICALLY PROVEN BENEFITS OF GRATITUDE

1. Gratitude opens the door to more relationships.
2. Gratitude improves physical health.
3. Gratitude improves psychological health.
4. Gratitude enhances empathy and reduces aggression.
5. Grateful people sleep better.
6. Gratitude improves self-esteem.
7. Gratitude increases mental strength.

Psychology Today,  
4/3/2019

 Presented by:  
**The Partnership**  
for a Healthier Carroll County

# 8 Dimensions of Wellness

## SPIRITUAL



### WEEK 2 - DAY 4

# WORKSITE WELLNESS



YOU MAY FIND THE IDEA OF  
KEEPING A **GRATITUDE JOURNAL**  
APPEALING, GETTING STARTED MAY  
BE A BIT DAUNTING.



CLICK [HERE](#) FOR AN EXAMPLE  
OF HOW YOU CAN GET  
STARTED KEEPING A  
GRATITUDE JOURNAL.

*If you concentrate on finding whatever is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul.*  
*Harold S. Kushner*

