

Gratitude

Gratitude is not only one of our most important positive emotions, but also one that links directly to our physical and mental well-being.

Red & Howling Wellness Flashcard No.1

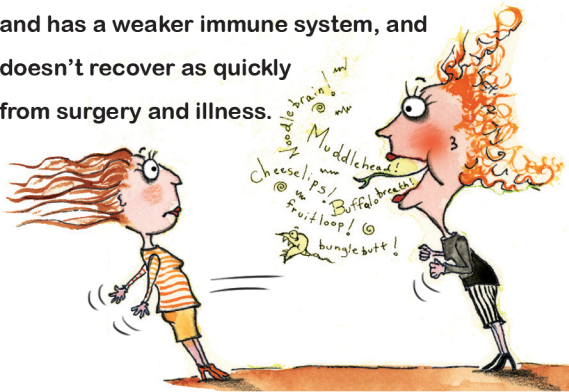
"Life is beautiful. People are lovely. Trees are pretty. Flowers are nifty. Dogs are cuddly."

"Life is poop. People are irritating. Trees take up space. Flowers are boring. Dogs are loud."



Cultivate thoughts of appreciation and silence the demons in your head.

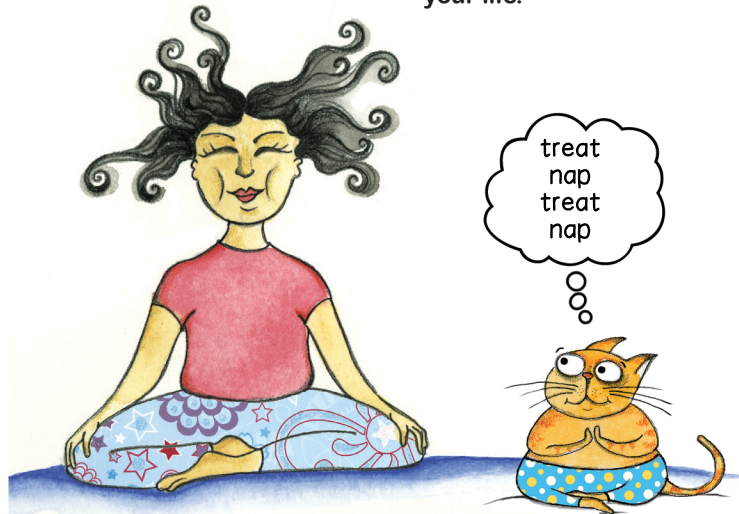
Recent studies on gratitude show that the not-so-grateful ogre experiences higher levels of stress and has a weaker immune system, and doesn't recover as quickly from surgery and illness.



Daily Gratitude: Begin and end each day with thoughts of gratitude (even if you lose your wallet or your pants that day!).

Thank the sun for rising. Let people know you are grateful. Cherish all sentient beings. Be grateful for food. Share your time. Give things away. Laugh a lot. Be kind!

Sit quietly for a moment each day and think of everyone and everything that you are grateful for in your life.



"At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us."
—Albert Schweitzer

a simple gratefulness exercise



Think of someone that warms your heart.



Remember things they've done to encourage you, inspire you, and lift your spirits.



Write them a note of gratitude. Don't censor or edit your heartfelt thoughts. Enjoy the process and let the gratitude flow!



Deliver your Simply Grateful postcard.

Warning! There is no limit to how many Grateful postcards you can write!