

# Gratitude guide



Gratitude, or thankfulness, has been shown in studies to have a positive impact on feelings of happiness and life satisfaction. It can help lower feelings of stress. Gratitude has been shown to lower heart rate and improve emotional regulation.

During stressful periods, like the holidays, gratitude can be one tool in your toolbox to help you lower your stress and feel happier and more emotionally balanced. So how do you start to cultivate a gratitude practice? Here are some tips and activities you can do to help you feel more grateful—and less stressed—this holiday season.



## 1. Practice regularly

One of the best ways to practice gratitude is to do it regularly. Try to make it a habit by getting on a schedule. Or, you can connect your practice to something you already do every day. Try thinking of the things you're grateful for while you brush your teeth, walk the dog or drive to work. Soon, it will become a habit, and your mind and body will reap the rewards.



## 2. Keep a gratitude journal

We're often encouraged to write down our goals to help us meet them, so why not write down what you're grateful for as well? Keep a gratitude journal on your nightstand or on a notes app on your phone. Record three things you're grateful for each day. The next time you're feeling stressed or sad, you'll have a whole list of things to help you feel better.



### 3. Share your gratitude

If just thinking about the things you're grateful for can help you feel happier, imagine what sharing those things with others might do. Do you have a family member or friend who is always there for you? Did your boss or colleague do something to help you out lately? Did a customer service rep go above and beyond for you? Whoever you might be grateful for, tell them! You can start a gratitude text chain with family, coworkers or friends. Not only will it help you feel good, but you'll help make someone else's day brighter too. It's a win-win!

#### Need help getting started?

Here are just a few things the employees at Livongo are grateful for this holiday season:



Our health



Our children, family members, friends and pets



The opportunity to spend time in nature



A warm bowl of soup on a cold night



The promise of spring at the end of winter



A good book



#### Now it's your turn!

Check our social media pages for opportunities to learn and share with your community.

SOURCES:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5506019/>

---

Not a Livongo Member? See if you're eligible for personalized health support at [join.livongo.com/STATEOFDE/new](https://join.livongo.com/STATEOFDE/new).