

THE BENEFITS OF GRATITUDE JOURNALING

A little gratitude can go a long way in enhancing mental health and overall well-being, especially for older adults. Gratitude journaling—a simple practice of writing down things you are thankful for—offers a powerful way to focus on the positives in life.

WHY GRATITUDE JOURNALING?

Gratitude journaling helps shift your mindset from what's lacking to what's abundant. This shift can improve mood, reduce stress, and foster a sense of contentment. For older adults, it can also be a meaningful way to reflect on cherished memories, accomplishments, and the relationships that bring joy.

HOW TO START

Getting started is easy. Set aside a few minutes each day to jot down three things you're grateful for. They can be big, like a supportive family, or small, like the beauty of a sunrise. No fancy journal is needed—a simple notebook works perfectly.

THE BENEFITS

- **Improved Mental Health:** Regular gratitude journaling can help reduce feelings of anxiety and depression by focusing your mind on the positive aspects of life. Over time, this practice can create a more optimistic outlook, making it easier to manage life's challenges and find joy in everyday moments.
- **Better Sleep:** Reflecting on positive moments before bed can create a peaceful mindset, helping you relax and unwind. Instead of worrying about the day's stresses, focusing on gratitude can reduce nighttime restlessness and make it easier to fall asleep and stay asleep.
- **Enhanced Relationships:** Gratitude journaling can deepen your appreciation for the people in your life. By focusing on positive interactions or memories with loved ones, you'll naturally nurture stronger connections and cultivate a sense of closeness. Sharing your gratitude with others can also inspire warmth and kindness in your relationships.

Take the time to give it a try. You may be surprised at how much brighter your days become when you pause to appreciate life's blessings.

WE CAN HELP.

Our hospital-based outpatient program is designed to meet the unique needs of older adults experiencing depression and/or anxiety related to life changes that are often associated with aging or a chronic diagnosis. Anyone can make a referral to our program, including self-referrals, provider referrals, or community consultations.

Call us today at