



Be grateful

Thinking about all the things you have in life can increase happiness, reduce anxiety and depression, improve physical health, enhance sleep and strengthen relationships. To help you cultivate a growing sense of appreciation, use a gratitude journal. Write down three positive things that have happened to you today and acknowledge those who have helped you. You'll become better at recognising the good in your life and feel more thankful.

Boost your wellbeing and feel more fulfilled each day

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