



## The Importance of Gratitude on Health

*"Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude."*

Ralph Waldo Emerson

Gratitude is being thankful and to show kindness – also to accept kindness. But did you know that being grateful is good for your health?

Gratitude is a spontaneous feeling, but it is also a conscious effort. The feeling and giving of gratitude have positive effects on our mental and physical health. Feeling grateful can lead to less stress, better sleep, and a stronger immune system. Plus, being grateful helps others feel better too. In fact, having gratitude for simple things - everyday moments - can help improve the spirit.

### Practicing Gratitude

How often do you say thank you? Being thankful needs to become a habit, and we all know that habits can be difficult to form without practice or a plan.

#### Here are a few ideas to help you get started.

- First thing in the morning and last thing at night, try to think about something you are grateful for. Say it so you can hear it.
- Keep a jar or box and place a note inside when you feel thankful.
- Say thank you often and to yourself and for little things.
- Each day, think of three good things that has happened to you.

Once you form a habit, you will gain more gratitude and start a domino effect on others you touch! Here at Nymeo, we are grateful for our members. Thank you for giving us the opportunity to be your financial partner.

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