



Wellness Tip of the Week

with the Area Agency on Aging District 7

Practice Gratitude

Practicing gratitude can be a way to improve your mood and overall happiness by focusing your attention on what is going well in your life. Some ways to practice gratitude include: writing a letter of thanks to someone that has been kind to you and thinking of three good things that went well during the day each night before bed. Counting your blessings can add up to a better mood and more happiness.