

MENTAL HEALTH INTERACTIONS

GRATITUDE JOURNAL

**Becase I'm worth
5 minuets a day.**

14 DAY CHALLENGE

14 DAY

- GRATITUDE CHALLENGE -

Many studies advocate the keeping of a gratitude journal and for good reason. Just five minutes spent on this per day can increase feelings of wellbeing and reduces the chemical Cortisone (the stress hormone) in your system.

For the next 2 weeks keep a Gratitude Journal, that's 14 entries in total. Entries don't need to be formally composed or written in full sentences, a dot point list of at least 4 things will work just as well.

Begin each entry with "Today I am grateful for...".

Pen to paper works best but typed up on your phone in a journal folder may be more practical for you.

If you journal at night, you'll be more relaxed, enabling you to get to sleep more easily. This will reduce any anxiety and give you more energy the next day. Also, you'll train yourself to look out for things to be grateful for during the day, as you know you'll be noting them down at night.

If you journal in the morning, you set a positive tone for the day, calling in all the perspective, mindset and social benefits of gratitude.

Give it your best for 14 days and see first hand the difference it can make to your mental wellbeing.

1 DATE:

Today I am grateful for..

2. DATE:

Today I am grateful for..

3. DATE:

Today I am grateful for..

4. DATE:

Today I am grateful for..

5. DATE:

Today I am grateful for..

6. DATE:

Today I am grateful for..

7. DATE:

Today I am grateful for..

8. DATE:

Today I am grateful for..

9. DATE:

Today I am grateful for..

10. DATE:

Today I am grateful for..

11. DATE:

Today I am grateful for..

12. DATE:

Today I am grateful for..

13. DATE:

Today I am grateful for..

14. DATE:

Today I am grateful for..

15. DATE:

Reflect on your progress.

What difference have you seen & or felt during through the 14 days?

[illegible]