



UNSW Student Life

WELLNESS

# GRATITUDE





**“ Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity... it makes sense of our past, brings peace for today, and creates a vision for tomorrow. ”**

- Melody Beattie



**GRATITUDE**

The quality of being thankful and ready to show appreciation.

Gratitude can be expressed to another individual, it can be a personal thought, it can be a general attitude towards the present.



## Benefits of Gratitude

- Ability to appreciate the present
- Increasing a positive attitude
- Coping better with difficult situations and stress
- Strengthening your relationship with family and friends
- Reduce anxiety and depression
- Enhance your resilience and compassion

## Some ways to practise gratitude

- Express thanks to an individual when you appreciate something they have done
- Exercise! Set aside time to appreciate your physical health.
- Reflect for a few moments each day what you are thankful for.
- Create a photography project, capturing pictures of what makes you smile.
- Practise mindfulness to help focus on the now.

## Gratitude Journal

**RECORD THREE THINGS HERE THAT YOU ARE GRATEFUL FOR FROM THIS WEEK 1.**

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2.

.....  
3.  
.....





# Stressed?

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