

# Count your blessings

Studies have found that giving thanks and counting blessings can help people sleep better, lower stress and improve interpersonal relationships. Earlier this year, a study found that keeping a gratitude journal decreased materialism and bolstered generosity among adolescents.

Source: <https://www.npr.org/sections/health-shots/2018/12/24/678232331/if-you-feel-thankful-write-it-down-its-good-for-your-health>

Your Wellbeing Activity

## Gratitude journal

Each day write down at least 3 things you are thankful for.



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