



MINDFULNESS



Apps

[View connectedness apps here](#)



Articles and Books

[View some positivity articles and books here](#)



Podcasts

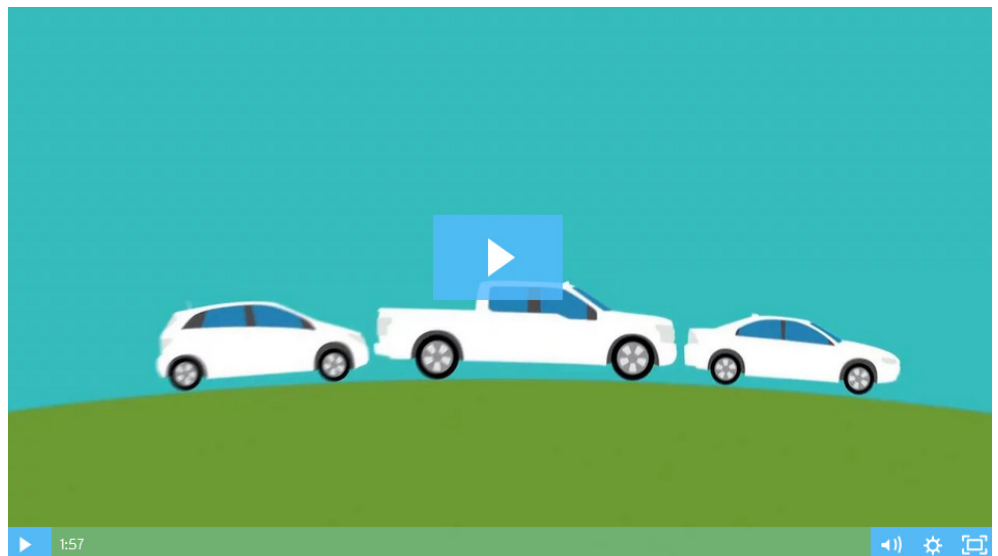
[View recommended podcasts here](#)

Gratitude

Gratitude and mindfulness are powerful tools for boosting your daily resilience and positivity. Learn about the benefits of practicing gratitude and being mindful of the good things that happen each day.

Definition:

The quality or feeling of being grateful or thankful.



Key Takeaways

- Gratitude is a powerful mindset because it leads to positive emotions
- We need to create “space” in our lives between what happens to us and how we react to what happens to us
- We can use that “space” to respond thoughtfully instead of reacting impulsively; gratitude can fill that “space”



Key Habits

- Actively notice and appreciate things that make us grateful.
- Write those things down to help reinforce their positive emotion.