**Building resilience: learn how to be grateful**

Being grateful is one step towards becoming more resilient and feeling happier and more satisfied with the life you’re living. There are even proven links between gratitude and having better mental and physical health.

**Why it’s great to be grateful:**

* Stronger immune system, lower blood pressure and fewer aches and pains
* More joy and pleasure, optimism and happiness in daily life
* More helpful, generous, compassionate and forgiving
* Feeling more outgoing, more connected and less lonely

**So, how can you boost your gratitude?**

It’s simple: write down three things that went well for you this week, and describe in detail what happened. Explain why these things were good, and include the cause, such as the people around you, the resources you have or the opportunities you’ve been given. For example:

*I was given a new assignment at work that will show another set of my skills and I am grateful to my manager for believing in me.*

The more you do this, the more grateful you’ll start to feel about all the positive parts of your life. And, the more proactive you’ll become when dealing with any challenges.

Try this out yourself to see how gratitude can improve your life.