HELP GROW OUR Gratitude Tree!

Stop by OHP (Sayles 162) to add a leaf to the gratitude tree!
WHY PRACTICE Gratitude?

Practicing gratitude can lead to:

- Better physical and mental health
- More positive outlook on life
- Higher quality sleep
- Increased self-esteem
- Stronger relationships
- More resilience

Sources:
https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier#:~:text=In%20positive%20psychology%20research%2C%20gratitude,adversity%2C%20and%20build%20strong%20relationships
https://greatergood.berkeley.edu/article/item/why_gratitude_is_good
PRACTICE gratitude AND PUT A LEAF ON THE TREE!

1. Pick a leaf
2. Write down something you are grateful for from this term
3. Tape the leaf onto the tree!