

Gratitude

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This video provides information on gratitude and what it means to practice gratitude. Regardless of who you are or your current circumstances, practicing gratitude can have a positive impact on your life.

“Enjoy the little things, for one day you may look back and realize they were the big things.” —Robert Brault

- <https://positivepsychology.com>
- <https://www.psychologytoday.com>
- www.health.harvard.edu
- <https://greatergood.berkeley.edu>

KEY TAKEAWAYS

- Start small-try one new gratitude activity today and see how you feel.
- Remember to keep your eyes open and look around, there are always things to be thankful for!

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