

The Benefits of Gratitude



**IMPROVES PHYSICAL
HEALTH**



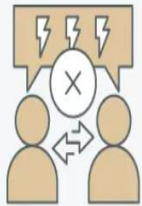
**IMPROVES
SLEEP**



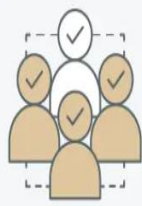
**IMPROVES
PSYCHOLOGICAL HEALTH**



**INCREASES
EMPATHY**



**REDUCES
AGGRESSION**



**MORE SOCIAL
CONNECTION**



**ENHANCES
SELF-ESTEEM**



**IMPROVES MENTAL
STRENGTH**