Finding Gratitude

It is normal to feel stressed, burned out, or overwhelmed in a world that seems unsteady. Focusing on the things you are grateful for each day can have psychological and physical health-related benefits—improving sleep, increasing energy levels, and strengthening your immune system to ward off illness—according to a Sutter expert.

Here are a few questions for reflection to help you find gratitude:

- How have you changed for the better in the last year?
- Who are the people important to you?
- What have you recently done for others?
- What makes you an amazing person?
- Who or what makes you laugh?

Source: Sutter Medical Group
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