



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?**