

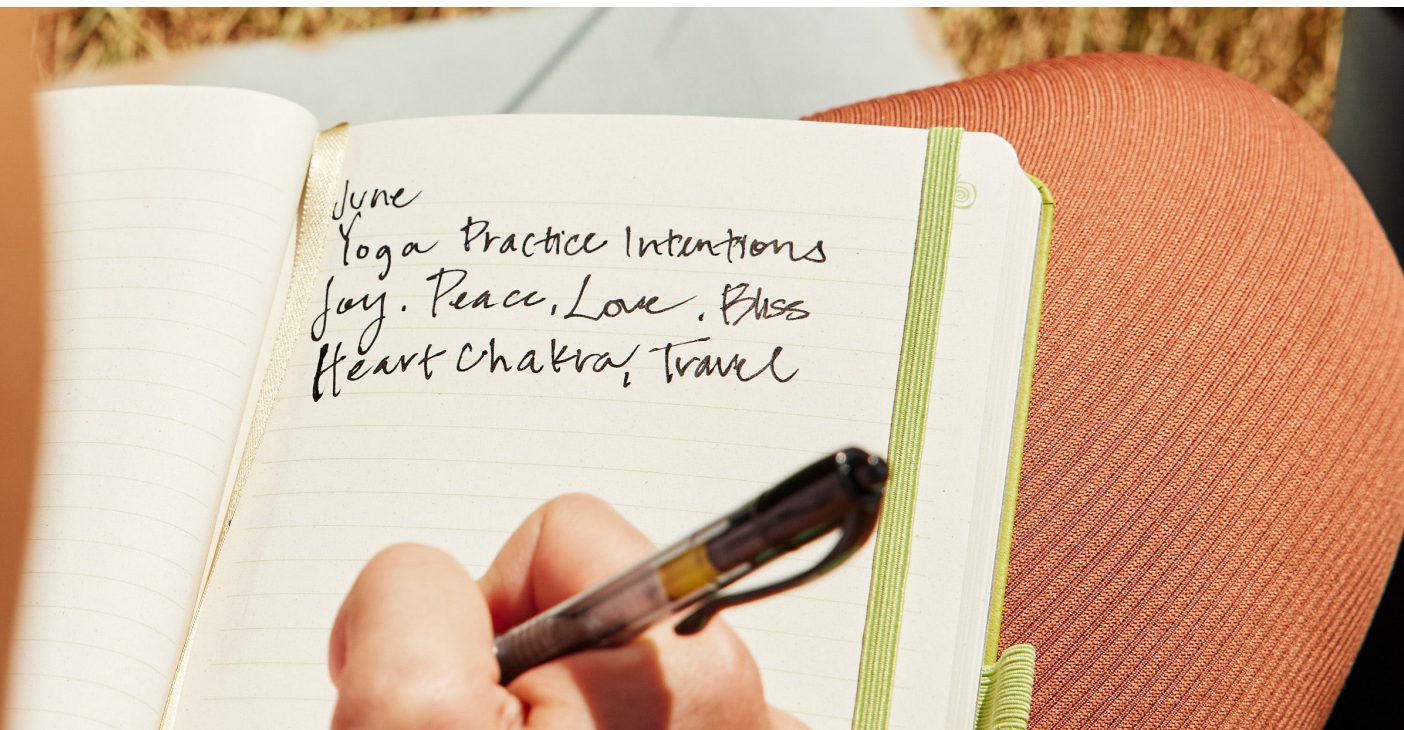
How gratitude can help

Gratitude can improve your ability to cope with stress by shifting your focus away from worries and towards the positives. It's a simple practice that can have powerful effects, and the best part is, it doesn't take much time.

START A GRATITUDE JOURNAL

Take a moment each day to think back on the past 24 hours. Reflect on the things that brought you joy, no matter how small they may seem. Consider what you saw, heard, smelled, tasted, or touched that made you feel happy or appreciative. You can even ask yourself questions like "What made me smile today?" or "Who or what inspired me?"

Write down 1–2 things that come to mind during your reflection time. Try to add detail to your description. To keep things fresh, aim to avoid repeating the same entries every day. This way, you can explore different aspects of your life and discover new reasons to be grateful.



June
Yoga Practice Intentions
Joy, Peace, Love, Bliss
Heart Chakra, Travel