

Name _____

The Role of Gratitude in Well-Being and Happiness

Short Answer Key

1. Gratitude involves being thankful for the good things in life and appreciating what we have.
2. One benefit of practicing gratitude related to mental health is that it can boost your mood and reduce anxiety and depression.
3. Expressing gratitude can strengthen relationships by making people feel valued and appreciated.
4. An example of noticing the small things as a way to practice gratitude could be appreciating the beautiful colors of a sunset or the taste of your favorite meal.
5. Mindfulness is being fully present in the moment, and it connects to gratitude by helping you appreciate the world around you and the good things in life.

