



DEVELOPING AN **ATTITUDE OF GRATITUDE**

Gratitude is a positive emotion that "undoes" the harmful effects of anxiety on your body.

People who experience gratitude can:

- ✓ **Cope more effectively with stress.**
- ✓ **Recover faster from illness.**
- ✓ **Benefit from better physical health.**
- ✓ **Improve relationships.**
- ✓ **Experience increased feelings of connectedness.**
- ✓ **Build greater resilience, spirituality and feelings of love and forgiveness.**



**DIRECTORATE OF
PREVENTION, RESILIENCE
AND READINESS**

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