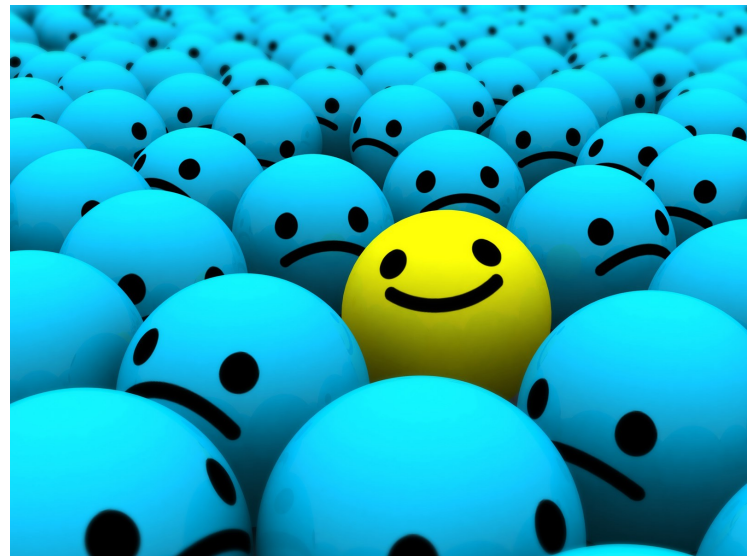




Gratitude: Take Care of your Wellbeing

Scientists have discovered that feelings of gratitude can actually change your brain. Having an attitude of gratitude changes the molecular structure of the brain, keeps gray matter functioning and makes us healthier and happier. When you feel happiness the central nervous system is affected. You are more peaceful, less reactive and less resistant. Now that's a really cool way of taking care of your well-being!

Feeling gratitude can also be a great tool for overcoming depression and anxiety. There are many studies showing that people who count their blessings tend to be far happier and experience less depression. Let's start counting our blessings!



We can change our inner world through gratitude, empathy, compassion, and meditation, we can make our outer world more peaceful.

Gratitude sure does change everything!!