

# Thank you for your time!

Why a little gratitude goes a long way ...

**Turns out, giving or getting a “thank you” isn’t just nice.**

**There’s science behind the many rewards of gratitude.** When feel-good transmitters like dopamine, oxytocin and serotonin are released by the brain, you:<sup>1,2</sup>



**Feel more positive.**



**Get better sleep.**



**Lower your blood pressure.**



**Improve stress levels and depression.**



**Enjoy stronger relationships and self-esteem.**

**Gratitude is both a state of mind and a call to action.** You can embrace it in your daily life by:

**Making a habit of acknowledging others.**



**Writing thoughtful notes.**



**Setting aside one-on-one time for friends and colleagues.**



**Volunteering.**



**Meditating and journaling.**



**Even remembering to count your blessings can change your outlook and impact those around you.** Because being appreciative and appreciated is contagious.

**Are you ready to share a little kindness today?**

1 Harvard Health Publishing, *Giving thanks can make you happier* (accessed November 2019); health.harvard.edu.  
2 UC Davis Health, *Gratitude is good medicine* (accessed November 2019); health.ucdavis.edu.

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