

## Practising Gratitude

**Anyone can practise gratitude, inmates too!**

**PRACTISING GRATITUDE** means to purposefully recognise positive experiences in life and be thankful for them

### People can practise gratitude by



**Thinking**  
about their life experiences and what they feel grateful for



**Writing**  
down positive encounters they had with others



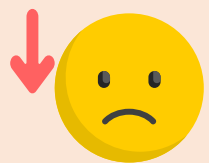
**Doing**  
good by giving thanks or lending a helping hand to others

**Research studies have found that inmates who practise gratitude gain some promising benefits:**

**Increased well-being**<sup>1,3</sup>



**Decreased negative feelings**<sup>2,3</sup>



when one practised gratitude frequently over a few weeks

### How does gratitude practice work?

Practising gratitude builds one's psychological resources for positive thinking and coping. This can be tapped on when one faces difficult situations.

### What can you do to encourage inmates to practise gratitude?



**1 Start the ball rolling** - let them know what you feel grateful for and prompt them to share as well!



**2 Lend an ear and help them recognise** positive learnings from their sharing of past experiences!



**3 Encourage them to write** down 2 things they are grateful for regularly (e.g., daily or weekly)!



**4 Acknowledge their efforts** to reflect on positive experiences and to show acts of gratitude!