**The gift of positive thinking**

**Give thanks with the attitude of gratitude.**

When we’re stressed, we often focus on what’s going wrong. And that doesn’t help us handle our stress any better. In fact, thinking negatively only increases the feelings of stress.

Did you know? Thinking positively can help you handle stress better. So next time you’re feeling overwhelmed, try practicing the attitude of gratitude.

Make simple, small choices throughout your day to be grateful. Try finding things you normally take for granted. Look out the window and give thanks to the sunshine. Tell your friends and family how much you appreciate them.

Being grateful year-round has a lot of benefits. It’ll help you:

* Feel better, both mentally and physically
* Be more optimistic about the future
* Bounce back from stress quicker and better

Want to learn more? Visit **healthpartners.com/wellbeing** and choose the Healthy Thinking activity after you log in. Or access the activity through your myHP mobile app by selecting the Living Well icon.