A PAUSE, A PRACTICE, A NEXT STEP

Gratitude Practice

Notice support without denying what hurts.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Start with one detail

Think of one thing that made today slightly easier or less uncomfortable. If nothing feels available, notice something neutral in the room instead.

01 / Notice and reflect

Was there one small moment of support today?

02 / Notice and reflect

What made that detail meaningful?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Gratitude is not treatment for persistent depression, trauma, or suicidal thoughts. Contact your care team when symptoms interfere with daily life or you need more support.

Read more: NIMH · Caring for your mental health

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.