

Learning to Express Appreciation

Source: [Mind Beacon](#)

Expressing appreciation for the good things happening around us helps increase positive feelings and lowers depression and stress.

People who express their appreciation are often happier, more hopeful and are more satisfied with their social relationships. Not only that, but the effects can be long-lasting!

Why not give it a try?

Getting started is easy: Think about someone who has had a major impact on your life, someone you would like to thank, or someone you appreciate having in your life. Write a letter or email with details about what it is you appreciate about them, and then send it or deliver it to them in person.

Look for reasons to thank people for simple things like opening a door for you, holding an elevator door, or letting you go in front of them in line.

You can do this exercise as often as you'd like. The more you do it, the more you'll clearly see the benefits of expressing gratitude.