



**MARYLAND  
HEALTH CARE  
COALITION**  
*Against Domestic Violence*



## Gratitude Page

Our brain is wired to pay attention to the negative things in life (this is called “negativity bias”, which is part of our evolution to survive.

The brain treats positive information like Teflon (*it slides right off*) and it treats negative information like Velcro (*it sticks*).

Gratitude helps us retrain our brains to focus on what’s good and positive, even in small ways. Over time, it can shift our perspective and improve our overall wellbeing.

**Take time to write down one or more things you are grateful for each day:**

<i>Sunday</i>	<i>Thursday</i>
<i>Monday</i>	<i>Friday</i>
<i>Tuesday</i>	<i>Saturday</i>
<i>Wednesday</i>	