

Gratitude and Hope

- Resources:
- <http://happierhuman.com/benefits-of-gratitude/>
 - <http://www.webmd.com/women/features/gratitude-health-boost>
 - [http://www.livehappy.com/sites/default/files/LH1412 GRATITUDE sm.pdf](http://www.livehappy.com/sites/default/files/LH1412_GRATITUDE_sm.pdf)
 - <https://www.dana-farber.org/uploadedFiles/Library/adult-care/treatment-and-support/support/for-caregivers/the-experience-of-caregiving/taking-care-of-yourself.pdf>
 - <http://www.forbes.com/sites/amymorin/2014/11/23/7-scientificallly-proven-benefits-of-gratitude-that-will-motivate-you-to-give-thanks-year-round/#6>
 - <http://www.newsweek.com/5-scientificallly-proven-benefits-gratitude-398582>
 - <http://www.caregivers.com/pages/inspiration/morequotes2.html>
- Videos
- <https://www.youtube.com/watch?v=TjkkAZn53SI>
 - <https://www.youtube.com/watch?v=02tcb7b34do>
 - <https://www.youtube.com/watch?v=Pr5o6TNTNao>
 - https://www.youtube.com/watch?v=FaNaBSI_hkU