

# GRATITUDE DOESN'T COST A THING.

But the impact on your mental well-being is invaluable.

Simple acts of gratitude can reduce stress, boost your mood and help you feel more connected with the people around you. A small act can make a big difference.

Say  
thank you.

Share a  
compliment.

Lend a  
helping  
hand.

Pause to  
notice  
something  
good in your  
day.



Explore more tips and resources for mental well-being.



**UNITED WAY**  
Of Hall County

**REACH  
OUT.**