

## 3 GEMS

### An evidence-based way to improve wellbeing...

Several studies have shown that paying attention to and recording the good things that happen to us has lasting benefits. Consider trying this for the next seven days.

Every night, before bed, think of (and write down if possible) three good things that have happened that day – three things to be grateful for. These may be large – (e.g. I have got a new job that I really wanted) – or small – (I heard a blackbird singing this morning outside the window). As you record the three things, take a moment to focus on why each was a good thing and what it meant for you.

Example:

- ✓ I heard a blackbird singing outside the window – I took the trouble to open the window and just spend some time listening instead of carrying on with the washing up
- ✓ I smelt some fresh bread cooking as I passed the bakers
- ✓ I saw the first daffodil this spring and it made me realise that it is the start of a new season.

(Taken from Peterson 2006)

