



WELLNESS

PHYSICAL • MENTAL • SOCIAL

GEHA.



GRATITUDE APPS

Sometimes practicing regular gratitude can be difficult, even when we have all the right resources. These apps can help you maintain a regular practice of gratitude.



Half of the men who die suddenly of coronary heart disease had no previous symptoms. Even if you have no symptoms, you may still be at risk for heart disease.



NEW GRATITUDE JOURNAL

The classic gratitude exercise is now in digital form, with a daily journal for you to fill with things you are grateful for. It includes space for writing down several things each day, ratings of your feelings, daily quotes and up to three photos per journal entry. This app costs \$2.99 and is available through the App Store.



365 GRATITUDE JOURNAL

This app allows the user to create a daily gratitude entry, naming the one thing you are most grateful for. You can share your gratitude on social networks, as well as edit them with fun filters and frames for photos.

The entries are organized by calendar and can be utilized to track wellness goal progress. Daily reminders encourage users to count their blessings. At \$1.99, this app is more affordable than the New Gratitude Journal app, but just as useful.



GRATITUDE GARDEN APP

This app allows you to recall and record the things you are grateful for each day and rewards you with points for journaling. Use your points to build a gratitude garden, a pretty space that can bring you joy by reminding you of what is good in your life. You can also receive gratitude cards, which contain suggestions for further actions that can increase gratitude and happiness. This app is free to download.



GRATEFUL: A GRATITUDE JOURNAL

Grateful was developed to make expressing gratitude both easy and fun. Record your blessings in Grateful. During those “down” moments, the app reminds you of all the things in your life that you have to be grateful for. This app is free to download.



HAPPYFEED

This is a private gratitude journal app allowing you to record happy moments each day. Happyfeed records these moments, then writes fun and informative daily reminders to practice gratitude. The more you use the app, the more valuable it becomes. This app is free to download.

Source: positivepsychology.com

Explore more at the [Chiefs Wellness Program homepage](#) »