

Article: Mental Health

Content notes:

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AUDIENCE	Australians looking for simple, practical ways to support their mental wellbeing through positive daily habits and self-reflection.
COMMUNICATION OPPORTUNITIES	White label content: Encourage individuals to practise gratitude as an accessible way to build resilience, foster positive relationships and support mental wellbeing during both good times and challenging periods.
MESSAGE	Gratitude is about recognising and appreciating the positive aspects of life. Small gratitude practices can help shift attention towards what matters most and support overall wellbeing.
INSIGHTS	Recent Australian research found that 34% of Australians experience a strong sense of gratitude or thankfulness at least once a week, while nearly 60% experience gratitude at least monthly. Regular gratitude practices have been linked to stronger wellbeing, positive emotions and resilience.
ASSOCIATED ASSET/S	TAL Health Connector, Headlight (where available), wellbeing resources and physical activity support services.
CTA	Explore the wellbeing support services, including TAL's Health Connector and other wellbeing tools and resources that may be available to you. IMPORTANT: If you'd like to feature Headlight during Mental Health Month, please ensure that you use your existing unique URL. If you don't have one currently, please contact your TAL Partnership Manager to obtain a unique URL. We'll only be able to provide access reporting where a unique URL is used.
LAST UPDATED	July 2026

The power of gratitude

When life feels busy or stressful, it can be easy to focus on what's going wrong. Practising gratitude doesn't mean ignoring difficult experiences or pretending everything is fine. It's about taking time to notice the people, moments and experiences that bring value to your life.

Many Australians already experience gratitude regularly. Recent Australian Community Survey data found that 34% of Australians feel a strong sense of gratitude or thankfulness at least once a week, while nearly 60% experience gratitude at least monthly.¹

Gratitude can also support mental wellbeing by helping us recognise positive moments, strengthen relationships and build resilience over time.² Small habits, such as reflecting on what went well, keeping a gratitude journal or thanking someone who has supported you, can be simple ways to practise gratitude in everyday life.

Why gratitude matters

Gratitude encourages us to pause and recognise the positive things that already exist in our lives.

¹ NCLS Research. *How often do Australians feel thankful?*. 2025.

² Black Dog Institute. *Gratitude*. 2026.

These moments don't need to be significant. They might include support from a friend, a meaningful conversation, a favourite meal, a walk outside or simply making it through a difficult day.

Taking time to notice and appreciate these moments can help shift your focus away from what's missing and towards what is already contributing positively to your wellbeing.³

1. BE AWARE

One of the simplest ways to practise gratitude is to pay closer attention to the positive moments that occur throughout your day.

Try asking yourself:

- What went well today?
- Who helped me today?
- What am I looking forward to?
- What is one thing I appreciate right now?

Reflecting on these questions can help build awareness of the things you value most.

2. KEEP A GRATITUDE JOURNAL

Writing down things you're grateful for can help make gratitude a regular habit.

Some people prefer to record one thing each day, while others keep a longer list. There is no right or wrong approach. The goal is simply to create a moment to reflect and appreciate the positive aspects of your day.

If writing isn't your preferred style, you might instead:

- take a photo each day
- create a scrapbook
- record voice notes
- keep a digital journal.

3. THINK SMALL

When people think about gratitude, they often focus on major life events.

However, the most sustainable gratitude habits are often built around small moments.

A sunny morning, a good cup of coffee, a friendly conversation, a walk outdoors or a message from someone you care about can all be opportunities to pause and appreciate what's going well.

Noticing these small moments regularly can help make gratitude a natural part of your day.

4. LET OTHERS KNOW

Many of the things we're grateful for involve other people.

You might appreciate a colleague who offered support, a friend who checked in on you or a family member who helped during a difficult time.

Taking the time to express your appreciation can strengthen relationships and contribute to a greater sense of connection and belonging.⁴

A simple conversation, message or note of thanks can have a meaningful impact on both you and the person receiving it.

Need support? Where to find help

If you're finding things tough, know that support is available. **TAL's Health Connector** links you to a wide range of free and low-cost government and community services that may be able to provide the support you need.

Depending on the wellbeing services available through **[insert super fund/employer/ Health Hub/Headlight]**, you may also have access to mental health screening tools, personalised wellbeing resources and recommendations designed to help you better understand and manage your mental wellbeing.

These resources can help you identify areas where additional support may be beneficial and connect you with information and services tailored to your needs.

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(Insert disclaimer)

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³ Black Dog Institute. *Gratitude*. 2026.

⁴ Five Ways to Wellbeing Australia, *Connect*, 2026.

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