



I was interviewed for [Medium.com](https://medium.com) on how each of us can leverage the power of gratitude to improve our overall mental wellness. Here's how I define gratitude:

“For me gratitude is a quality of being. It is how I feel when I take the time to appreciate something. It isn't reserved only for the times when I journal and write all the good things in my life. It is an embodiment of living in appreciation and understanding that every little thing that contributes to your life in some way, deserves your loving gaze.”

[\*\*READ HERE\*\*](#)

**In the interview, I am also sharing five ways to help you add more gratitude into your life.** You can watch this video for a summary of them.

**With gratitude for:**

The interview host [Parveen Panwar](#)

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