Nzinga Harrison, MD ([00:02](https://www.rev.com/transcript-editor/Edit?token=QNxSrde4vk045Va2tCV2zwrj_LTAu6pmkYhc05y1KZU5nF2LvGOIPHD3-74ItaCscqmnjxhGT4Vy52nqgpc510gIMF8&loadFrom=DocumentDeeplink&ts=2.29)):

Gratitude is a muscle we have to exercise. It's one of the fastest lanes to mental health. What we know is that children who learn mindfulness in school learn to be calmer. Children who learn yoga in school have decreased risk for substance use disorder and mental health conditions later in life. So let's start teaching our young people to exercise the gratitude muscle. It's as easy as having them write one thing each day that they're grateful for, even if today was a hard day. The more they exercise their gratitude muscles, and the more we exercise our gratitude muscles, the faster we will find ourselves on the path to mental wellness.