

THREE STRATEGIES FOR PRACTICING DAILY GRATITUDE:

➔ Meditation



The practice of meditation involves removing yourself from constant mental planning and activity, to focus on the now.

It allows you to live in the present moment without judgement of yourself or others. A simple way to start is to sit quietly, eyes closed, and focus on breathing in and out through your nose. When your mind wanders, gently redirect its focus to your breathing. Practice daily for five to 20 minutes, or longer..

➔ Journaling



Keeping a daily written record of all you have to be thankful for is an effective way to keep yourself in a positive mental state. It also serves as a reminder.

When you journal at the end of each day, right before bedtime, you turn your thoughts to all the good things in your life, and banish the negative emotions and stress that interfere with restful sleep. Be sure to include thanks for your healthy body and all the tools you have at your disposal to take care of it.

➔ Prayer



You don't have to be religious to pray. Prayer is a way of verbally or mentally expressing your gratitude to God or the Universe. It is an affirmation of all the positive energy in your life.

You can set aside a special time for prayer each day, or you can send up little prayers of thanks throughout the day. Use it as an intervention when your emotions get out of control, or when you feel overwhelmed. Find something to be thankful for in the midst of chaos, and express it in a prayer.



TO BE HAPPY & HEALTHY, GIVE THANKS!

by Michelle Matte

According to Harvard Mental Health, there is a significant link between regularly expressing gratitude and attaining health and happiness. Shifting your focus away from acquiring new things or reaching new goals, to being thankful for everything you have and what you have already accomplished, brings a sense of peace and wellbeing into your life.

Practiced daily, gratitude can help you experience more positive emotions and get greater enjoyment from daily experiences. A grateful outlook will help you deal with adversity and build stronger, more wholesome relationships and a better quality of life.

Gratitude alters your hormonal responses, reducing stress and the negative health outcomes associated with it, including weight gain, aging, depression, and metabolic disease.