

Gratitudes.

Research shows that the active expression of gratitude can be a very powerful technique for wellbeing.

What does this really mean and how can this be true?

Studies tell us that the more we appreciate what we have, rather than focusing on what we don't, can bring happiness and contentment.

Gratefulness: "A protective cloak that could help shield those who feel it from poor mental health."

Dr Fuschia Sirois.

Write down – and there's something powerful in the writing down, rather than just thinking it – 3 or 4 things that you are grateful for.

It doesn't have to be anything 'big'. You could be grateful that the sun is shining, that you began the day with a hot relaxing shower, how much you enjoyed a phone call with a friend.

Often, we forget about being grateful for things in our lives and somehow it feels easier to slip into ways of focussing on negativity. This strategy is something small we can do to remind ourselves.

Higher levels of gratitude can –

- Protect from stress and depression
- Decrease worry
- Increase life satisfaction
- Build resilience of mind, body and spirit

Writing a Gratitude Journal.

This is a simple but effective way of bringing gratitude into your life...

You can write it every day or every week. Morning or evening. Whatever feels right for you.

