

“The secret of happiness is to count your blessings while others are adding up their troubles.” ~William Penn

Gratitude is an important aspect of life it is something we should practice year-round not just on thanksgiving and other special occasions. Being grateful every day is not always easy, but it is a skill you can learn just like any other. Showing gratitude for the things we have in life has so many benefits not only can it increase our mood and make hard times feel more tolerable, but it also has health benefits.

“Clinical trials indicate that the practice of gratitude can have dramatic and lasting effects in a person’s life,” said Robert A. Emmons, professor of psychology at UC Davis. “It can lower blood pressure, improve immune function and facilitate more efficient sleep.”

At a time when staying healthy is a large concern for everyone being grateful is another step that we can take. Gratitude helps our bodies fight off sickness just like washing your hands and social distancing. We know its not always easy to be grateful especially during uncertain times, but it is at these times that being grateful for what we do have is most important. We all might not have the same things to be grateful for, but we all do have things to be grateful for.

Some ways we can train our skills in gratitude.

1)Keep a gratitude journal- write down things you are grateful for everyday just like studying or a test writing down things we are grateful for can help us remember the good things.

2)Positive affirmations- Change the way you talk to yourself. It is hard to be grateful for what we have when you are always speaking down to yourself. Try to write some positive words of encouragement and put them where you will see them every day, like a mirror or computer screen.

3) Practice being in the moment- regret lives in the past and anxiety in the future. Try and take time to just be in the moment, focus on where you are and what you are doing right now.

There are many other ways to practice the art of gratitude. what are some things you do to stay grateful? What are you grateful for? How can you work at being grateful?

