

The A.B.C.'S of Gratitude

Finding things to be grateful for is very important, especially during difficult times. Research has shown that practicing “gratitude” helps you sleep better, improves stress, improves health, manages pain better and you have more self-confidence.

Psychologists find that, over time, feeling grateful boosts happiness and fosters both physical and psychological health, even among those already struggling with mental health problems (from Psychology Today)

Every night you can practice being grateful with the ABC's of Gratitude. Write something you are grateful for, for every letter in the alphabet.

A
B
C
D
E
F
G
H
I
J
K
L
M
N
O
P
Q
R
S

T
U
V
W
X
Y
Z

In the face of demoralization, gratitude has the power to energize. In the face of brokenness, gratitude has the power to heal. In the face of despair, gratitude has the power to bring hope. In other words, gratitude can help us cope with hard times.