

Words of Wellness



October 2018

GRATITUDE

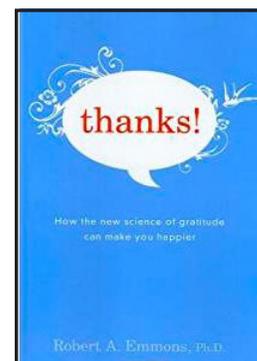
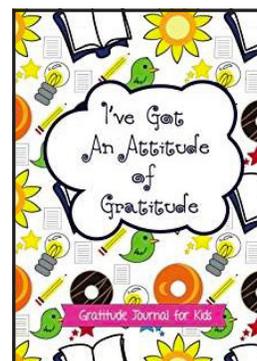
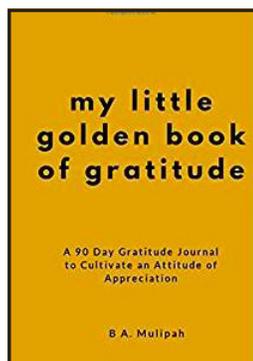
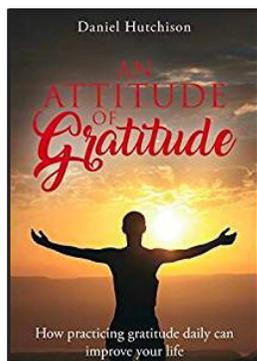
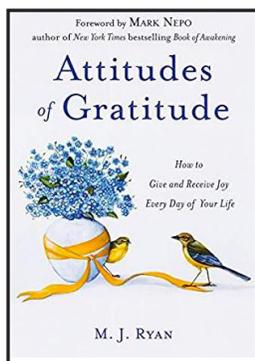
by Lisa Calhoun

Graphics by Eileen Anderson

"Everyday, think as you wake up, today I am fortunate to be alive, I have a precious human life, I am not going to waste it. I am going to use all my energies to develop myself, to expand my heart out to others; to achieve enlightenment for the benefit of all beings. I am going to have kind thoughts towards others, I am not going to get angry or think badly about others. I am going to benefit others as much as I can."

– Dalai Lama

GRATITUDE BOOKSHELF



Gratitude gizmos

Special equipment isn't necessary for practicing gratitude — the real work goes on in your head and heart. But if using a tool is helpful, go for it. Here are a handful of apps and websites that specialize in appreciation.

Gratitude Revealed: Filmmaker Louie Schwarzberg explores the many sides of being thankful in 15 gorgeous videos.

Grateful: A Gratitude Journal: This iOS app offers daily prompts to get you in the habit of expressing what you're thankful for. To get you thinking, the app greets with a question. Apps that encourage you to write at least five good things daily, add photos, and rate the day.

The Gratitude Jar: This site lets you share what you're grateful for with the world and view others' gratitude statements for inspiration.

Red Stamp: This iOS app will send personalized cards and notes any way you like: email, text, Twitter, Facebook, Instagram, and paper mail.

9 ways to cultivate gratitude

www.unstuck.com/gratitude

1. Notice your day-to-day world from a point of gratitude and be amazed at all the goodness we take for granted.
2. Keep a gratitude journal. All it requires is noting one or more things you are grateful for on a daily basis. No fancy notebook, no computer program required.
3. If you identify something or someone with a negative trait (the cold conference room), switch it in your mind to a positive trait (the conference room with a great view).
4. Gratitude requires humility, which the dictionary defines as being "modest and respectful." Explore where it fits in your life.
5. Give at least one compliment daily, whether directly to a person or by sharing your appreciation of something ("I love how quiet it is in the morning, don't you?").
6. When you find yourself in a bad situation ask: What can I learn? When I look back on this, without emotion, what will I be grateful for?
7. Vow to not complain, criticize, or gossip for a week. If you slip, rally your willpower and keep going. Notice how much energy you were spending on negative thoughts.
8. Sound genuinely happy to hear from the people who call you on the phone. Whether they respond with surprise or delight, they'll feel valued.
9. Join a cause that's important to you. Donate money, time, or talent. By getting involved, you'll better appreciate the organization — and it will appreciate you more, too.

"GRATITUDE UNLOCKS THE FULLNESS OF LIFE. IT TURNS WHAT WE HAVE INTO ENOUGH, AND MORE. IT TURNS DENIAL INTO ACCEPTANCE, CHAOS TO ORDER, CONFUSION TO CLARITY. IT CAN TURN A MEAL INTO A FEAST, A HOUSE INTO A HOME, A STRANGER INTO A FRIEND."

—MELODY BEATTIE

www.MrsMindfulness.com

TEACHER WELLNESS - IT'S WITHIN YOUR REACH!