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## **EAT WELL, CARE WELL. GRATITUDE**

According to Stacey Grewal, author of the book *Gratitude and Goals*, "Gratitude is an essential ingredient of a happy, fulfilling life. Research shows that practicing daily gratitude can enhance our moods, decrease stress and drastically improve our overall level of wellbeing." Various studies have found that grateful people tend to be happier, healthier; more physically fit, are better able to handle stress, have lower levels of depression, and sleep better.

Gratitude comes when we focus on what we have and can be thankful for, rather than what we don't have. Appreciating the world around us and looking for the silver lining. This can be easy when things are going well, however, when things are not going so well, expressing gratitude can be more of a challenge. Adopting an "attitude of gratitude" can help us tackle the negative things as we challenge ourselves to see the positive in the situation. Easier said than done. This month we offer some activities to help you shift your attitude and practice daily gratitude. This will not only help you but will have positive effects on the person you are caring for and others around us.

Recognizing all you have to be thankful for – even during the worst times of your life – fosters resilience. You are greatly appreciated, thank you!

### **WEEKLY CHALLENGES**

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**WRITE DOWN 3  
THINGS YOU ARE  
GRATEFUL FOR 4  
TIMES THIS WEEK**

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**WRITE A THANK YOU  
NOTE**

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**CALL SOMEONE YOU  
ARE GRATEFUL TO  
HAVE IN YOUR LIFE**

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**REFRAME A  
NEGATIVE TO A  
POSITIVE**

### **DID YOU KNOW?**

**DEVELOPING AN  
"ATTITUDE OF  
GRATITUDE" CAN  
IMPROVE YOUR  
SATISFACTION WITH  
LIFE.**

# Gratitude Activities

## Gratitude Jar

The gratitude jar is a stunningly simple exercise that can have profound effects on your well-being and your outlook on life. It only requires a few ingredients: a jar (a box can also work); a ribbon, stickers, glitter, or whatever else you like to decorate the jar; paper and a pen or pencil for writing your gratitude notes; and gratitude!

**Step 1:** Find a jar or box.

**Step 2:** Decorate the jar with your decorating implements. You can tie a ribbon around the jar's neck, put stickers on the sides, use clear glue and glitter to make it sparkle, paint it, or do whatever else you can think of to make it a bright and happy sight!

**Step 3:** This is the final most important step, which will be repeated every day. Think of at least three things throughout your day that you are grateful for. It can be something as benign as a coffee at your favorite coffee shop, or as grand as the love of your significant other or dear friend. Do this every day, write down what you are grateful for on little slips of paper (bonus points for colored paper!), and fill the jar.

Over time, you will find that you have a jar full of a myriad of reasons to be thankful for what you have and enjoy the life you are living. If you are ever feeling especially down and need a quick pick-me-up, take a few notes out of the jar to remind yourself of what is good in your life.

## Gratitude Tree

You will need several double-sided colored sheets of paper, string or ribbon, scissors, twigs or tree branches, some stones or marbles, a vase, and a sense of gratitude.

**Step 1:** Make one or more leaf cutouts to use as a template for your leaves. You can use [this PDF](#) for templates, find another you like, or even create your own design. Trace your leaves on your colored paper using your template(s).

**Step 2:** Cut out the leaves, punch a hole at the top of each leaf, and loop your string or ribbon through each hole.

**Step 3:** Put the stones or marbles in a vase and stick the tree branch or twig in the middle.

**Step 4:** Have your care recipient and yourself draw or write things that you are grateful for on the leaves. You can also use photographs if you'd like.

**Step 5:** Hang the leaves from the branches and behold your gratitude tree!

This activity is fun, easy, and results in a pretty reminder of the things that bring joy to our life!

Find more activities at: <https://positivepsychologyprogram.com/gratitude-exercises/>