

HEALTHY @ HOME



PRACTICING GRATITUDE

In these uncertain times, it can sometimes be difficult to remain positive. Events that we were excited to attend are being canceled, we can't visit with our family and friends, some are trying to help navigate their kids through virtual learning while working from home themselves, many have lost their jobs, and the list goes on and on. So how do we navigate through this season and keep our sanity? Start a Gratitude Journal!



Practicing gratitude has many health benefits including, having a stronger overall sense of well-being and mental health, increased quality of sleep, decreased symptoms of sickness, and it helps foster an attitude of optimism.

GETTING STARTED IS EASY - JUST FOLLOW THESE SIMPLE STEPS:

1. Commit to how many times a week you will perform this exercise. Some find that reflecting daily is helpful, while others prefer once a week. Try your best to honor that commitment, even on the difficult days.
2. Set a specific time that you will sit down and reflect on your blessings.
3. Dedicate a notebook or journal to write in.
4. For each entry, list 3 things that you are grateful for in that day or week.

You will be amazed at how quickly your mindset changes when you take the time to focus on the good things happening in your life. What happens to us is not always within our control but how we respond is. Let's embrace all that is good and choose gratefulness today.

I would love to hear what you are grateful for!

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