

April Activity: Embracing Gratitude in Everyday Life

Summary: Gratitude is a powerful emotion, one that can transform the way we view our lives, relationships, and experiences. Taking the time to recognize and appreciate the good in our lives can improve our mental well-being, reduce stress, and even strengthen our connections with others. Here's a quick look at some insights on gratitude, along with questions to reflect on and a journaling activity to help you explore your personal journey with gratitude.

Let's get to work!

3 Quotes, Ideas, Facts (Learn)

Research shows that people who practice gratitude regularly are happier and healthier. Studies indicate that those who frequently reflect on what they're thankful for experience lower levels of depression and stress, along with a greater sense of life satisfaction.

"Gratitude turns what we have into enough." This quote, often attributed to Aesop, reminds us that gratitude shifts our focus from what we lack to appreciating what we already possess, making us feel more content and fulfilled.

Practicing gratitude doesn't mean ignoring life's challenges. Instead, it means choosing to find moments of joy, beauty, and hope amid adversity. Focusing on what's good helps build resilience and brings a sense of perspective even in difficult times.

2 Questions for Reflection (Think)

Think about the people, experiences, or things you're grateful for. How do these things contribute to your overall happiness and sense of well-being?

When was the last time you expressed gratitude to someone else? How did it make you and that person feel?

1 Activity or Challenge (Grow)

"Gratitude Journal."

For one week, focus on gratitude in the morning (AM) and at night (PM) to see what works best for you.

AM Gratitude:

Wake up, potty, hydrate, get your caffeine, sit down with your notebook, and list 3 things you are grateful for.

PM Gratitude:

Before you go to bed, write down three things that you were grateful for today. These don't have to be grand gestures or major accomplishments. Reflect on how these moments make you feel.

At the end of the week, read through your entries and notice any shifts in your mood or outlook.