

Strategies for overcoming depression and anxiety

Elect Star <electstar.shine@gmail.com>

Wed 6/17/2020 6:38 AM

To: LMHC Elect Star <estar8.up@hotmail.com>

The GLAD Technique Every day, make a point to record: G - One gratitude that you have. - something you're thankful for - major or minor L - One new thing you learned today. Something you recognized, or figured out A - One accomplishment you did today. Something you feel is meaningful, even self care D - One thing that delighted you today. Something made you smile, laugh or feel joyful. Altman (2014)