



Mindful Gratitude

Do you struggle with feeling satisfied when you reach your goals? Do you focus more on what you don't have than what you do? If so, you may benefit from a mindful gratitude practice.

Mindful gratitude helps you focus on being thankful for what you have rather than dwelling on what you lack. There are numerous benefits to including gratitude in your daily routine, including:

- Improved mental and physical health
- Stronger coping skills
- Increased happiness in relationships and interactions with others
- Decreased anxiety and depression

Here are some tips for cultivating an attitude of gratitude:

- **Stay present.** When you catch yourself dwelling on the past or worrying about the future, think of at least one thing that you can be grateful about in the present moment. For instance, if a rainy day has ruined your plans, you could appreciate being able to retreat to a safe, dry place.
- **Notice your surroundings.** Taking time to enjoy the natural world or appreciate your co-workers can help you manage stress and stay in the present moment.
- **Keep a gratitude journal.** Write down what you are grateful for on a regular basis.



Reread these entries whenever you feel frustrated or disappointed.

- **Skip comparisons.** Theodore Roosevelt once said that “comparison is the thief of joy.” Remember that true contentment comes from within.
- **Avoid perfectionism.** Acknowledge the time and effort you put into a project, even when it doesn’t turn out as hoped. Keep in mind that people often learn more from their mistakes than they do from their successes.
- **Express appreciation.** Thank others when they help you. Tell people the reasons why you respect or admire them. If someone experiences success, congratulate them on a job well done.

LifeMatters can suggest additional ways to make gratitude a habit. Call 24/7/365.

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