

Good morning and happy Monday team!

I hope you all had a great weekend and have an even better week. Now that we are focusing on what we can control, let's start embracing gratitude.

How often do you experience and express gratitude in your life? You may be surprised to hear that **gratitude is a practice**. Just like any other positive thinking approach, gratitude requires rewiring of our brain with consistent practice. Tools can help you cultivate a well-rounded practice of gratitude. Gratitude opens us up to positive thinking, aids our physical and mental well-being, increases happiness, and fosters healthier relationships.

-I have 3 questions I want you to think about-

What shows up for you when you think about gratitude? How do you feel when others show you gratitude? How do you feel when offering yourself gratitude?

### Tools to embrace gratitude

1. **A Letter of Thanks**: The practice of writing out your gratitude can help you strengthen the writing of a positive mindset in your brain. You can identify someone whom you are grateful for and write them a letter of thanks. Think about all the aspects of that person you are grateful for.
2. **Strength Garden**: It is important to identify and acknowledge our inner strengths and resilience. By acknowledging them more frequently, we can let our minds blossom with more positivity. Draw a garden with different fauna and flora that represent your strengths. Be intentional in your selections, including the plants and animals you select to represent certain strengths, the colors you use and other details you include.
3. **Self-Love Letter**: Write yourself a letter that expresses gratitude and appreciation and include self-love. This letter should be empowering and make you feel good. If it's too challenging, consider writing the letter to yourself as a child. What would you want to let them know? What gratitude would you share with them?
4. **Gratitude Jar**: Find a jar, cut up pieces of paper, write down anything you are grateful for and place them in the jar. Try to write at least one thing you are grateful for each day and watch the jar fill up.

### The G.L.A.D. Technique

This acronym will help you embrace more positivity in your daily routine.

**G**: One **Gratitude** that you are thankful for today

**L**: One new thing you **Learned** today

**A**: One **Accomplishment** you achieved today

**D:** One moment of **Delight** that touched you today

Your challenge this week is to have seven days of gratitude. Affirmations are a great tool for cultivating new skills because they help shift our mindset. Write your affirmations on a sticky note and place it somewhere you will see it throughout the day.

Monday: I am grateful  
for \_\_\_\_\_

Tuesday: I am grateful  
for \_\_\_\_\_

Wednesday: I am grateful  
for \_\_\_\_\_

Thursday: I am grateful  
for \_\_\_\_\_

Friday: I am grateful  
for \_\_\_\_\_

Saturday: I am grateful  
for \_\_\_\_\_

Sunday: I am grateful  
for \_\_\_\_\_

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...it makes sense of our past, brings peace for today, and creates a vision for tomorrow.”

- Melody Beattie

Peace,  
Maggie

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