

## **Mindfulness Monday Message #28 – 14 November 2016**

One of the core ideas to come out of positive psychology is the importance of gratitude. Practicing gratitude, like mindfulness, is like learning to ride a bike. That is, we get better at it the more we do it and in turn the better we are at it, the more there is to be grateful for.

When you are feeling stressed or depressed it is not easy to feel grateful. One strategy that is often used to break that cycle is to encourage people to think of something to be grateful for the minute they wake up. This might be as simple as the meal the night before or the comfortable bed that has just been slept in. Starting the day in such a positive way changes everything. At the end of each day, running through the positives also makes a big difference to your frame of mind. Verbalising the things we are grateful for is also a beautiful way to connect with family and friends.

Effective self-care addresses negative thinking. So if you are not feeling grateful start a gratitude diary. Make yourself write in it each day. As well, tell people around you that they are grateful for what they do for you. You will notice that gratefulness grows when it is given some attention.

*Dr. Annmaree Wilson*