

A circular wreath of various botanical illustrations surrounds the central text. The wreath includes green ferns, a red maple leaf, a green leaf with a white vein, a yellow flower, a green leaf with a white vein, a red leaf, a green leaf with a white vein, a purple flower, and a green leaf with a white vein.

Embracing Gratitude

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Gratitude

“The quality of being thankful”

“Readiness to show appreciation for kindness”

“The readiness to return kindness”

“Subconscious world of positivity”





Universal concept





Benefits of Gratitude

Decreased inflammation

Decreased disease

Decreased feelings of stress

Decreased depression and anxiety

Decreased anger, frustration, insecurity





Benefits of Gratitude

Increased immunity Improved sleep

Improved focus Better cognitive brain function

Increased feelings of happiness Improved relationships

Protective: Mental health/substance abuse challenges



The “How To” of Gratitude



Morning

I thing you are thankful for

Bedtime

I thing you are thankful for that day

Value

What can I value that I usually take for granted?

Expressing

How can I verbally express thankfulness?

Recording

Gratitude journal



Habit Recipe...

“Every time I complain about something, I will say something I am thankful for.”





Gratitude...

....can be part of your self-care plan

....includes celebrating small victories

...brings hope in the face of despair

“ No pleasure is truly complete without expressing gratitude” (Sarah Young, JESUS LISTENS)



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Thank
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