



SUGGESTIONS FOR A GRATITUDE PRACTICE



According to Neuroscience, the feeling of gratitude may:

- Lower stress (by decreasing serum cortisol)
- Lower blood pressure
- Reduce anxiety
- Reduce the life-time risk of depression
- Improve feelings of well-being

One way to foster gratitude is to adopt a regular practice. Here are some of my favorites. So, grab a new journal, put it someplace you can't ignore, and get started. You will be grateful you did! Don't like to journal? That's OK - even thinking about people/places/things you have gratitude for will help.

Ideas for a Gratitude Practice

1. Every morning and every evening, write (3) things you are grateful for
2. Do the A-B-C's of gratitude at night as you are falling asleep
EX: A: The Air I breath; B: Blue sky; C: Coffee!!
3. List one thing from your PAST, one from your PRESENT and one from the FUTURE that you are grateful for
4. Pick one person each day that you are grateful for. TELL THEM! Be specific, tell them WHY
EX: I am so grateful for how you listen to me without judgment or advice.
5. At night when you brush your teeth, look that person straight in the eye and tell them WHY you are grateful (see #4, be SPECIFIC)





As the experts debate whether gratitude is an emotion, character trait, polite habitual response or psychological characteristic we can move on with our lives and be grateful we don't need to know WHAT it is to practice daily.



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I'm a certified life coach who works with Physical Therapists who are stressed out, overwhelmed and heading towards burn out. You can develop new beliefs about work, health care, parenting, etc. (and you won't have to quit your job). These beliefs will lead to quality thoughts that create a better environment for your brain and lead to more positive emotions. If you'd like to work with me, please book a free discovery call to get started on your coaching journey:

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