Attitude of Gratitude Show Notes

In this episode…

Part 1:
- How practicing gratitude can have a positive impact on our bodies.
- How to get started practicing gratitude.
- Finding ways of being grateful for things that are a challenge.
- The danger of thinking positively and negating our real feelings.

Part 2:
- The connection between empathy, giving and happiness.
- Finding people to practice gratitude with.
- How to practice gratitude when you’re having a bad day.
- How the S.T.O.P method can help you check in with yourself.
- The connection between self-care and gratitude.

Rachel’s 5 tips for practicing gratitude:
1. Write down 1-2 things you’re grateful for each day in a notebook or journal. This can be something you do every morning or every evening.
2. Don’t put pressure on yourself to always be positive. It’s important to allow yourself the downs as well as the ups.
3. Practice the S.T.O.P technique to ground yourself when you’re feeling stressed or overwhelmed. Stop what you’re doing, Take a deep breath, Observe what’s going on inside you and Proceed with purpose.
4. Remind yourself that the hard times won’t last forever and focus on the improvements or wins, however small, instead of the challenges and hardship.
5. Make time for self-care by doing something that you love. Self-care not only isn’t selfish, but makes us better caretakers by refilling our own cup.

Links:
- Fight Loneliness During the Pandemic with Kindness: uchealth.org/today/loneliness-during-the-covid-19-pandemic-fight-it-with-kindness/UCH
- Identify Three Good Things Daily to Boost Happiness: uchealth.org/today/identify-three-good-things-daily-to-boost-happiness/
- Behavioral Health Experts Integrated into Primary Care Clinics: uchealth.org/today/uchealth-integrates-behavioral-health-experts-into-primary-care-clinics-enabling-patients-to-access-treatment-for-mental-health-needs/