

'Tis the season to be grateful

*There is
always
something to
be thankful
for* ♥

Taking a moment each day to think about what you are grateful for benefits your wellbeing, optimism, happiness and overall health. This is so important during the festive season as this is often a time in which stress and 'being busy' take over. The festive season is a perfect time of the year to reflect on your attitude and start developing a thankful heart. Sharing this with your family, friends and children will also help them to start incorporating gratitude into their daily routine.

Scientifically Proven Benefits of Gratitude

- × Gratitude improves psychological health – it increases happiness and reduces depression
- × Gratitude improves sleep – it allows a clearer, settled mind at bed time
- × Gratitude increases self-esteem and self-worth – grateful people feel good about their accomplishments and abilities. They do not compare themselves to others
- × Gratitude enhances mental strength – it reduces stress and helps with resilience
- × Gratitude improves physical health – happy people look after themselves better
- × Gratitude supports relationships – being thankful attracts new and stronger friendships. It encourages empathy and understanding of others

Holistic Approach Family Day Care 12 Days of Gratitude

Use the following prompts when writing in your Gratitude Journal or as part of your daily wellbeing reflection.

1. Name a family member you are grateful for?
2. Name someone or something that makes you laugh?
3. Name a food and drink you are grateful for?
4. What memory you are grateful for?
5. What place are you most grateful for?
6. What is your favourite part of your job?
7. What about your body are you grateful for?
8. What sound are you grateful for?
9. What is the kindest thing anyone has done for you?
10. What experience has most strengthened you?
11. What trait of your own are you grateful for?
12. What was your greatest achievement this year?

It is sometimes hard to feel gratitude when you fall on hard times. Try taking a minute to step outside. Stand in silence and take in your surroundings. Remember all the things that make life great.

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 turns problems into gifts, failures into success, the unexpected into perfect timing and mistakes into important events. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow – Melody Beattie

