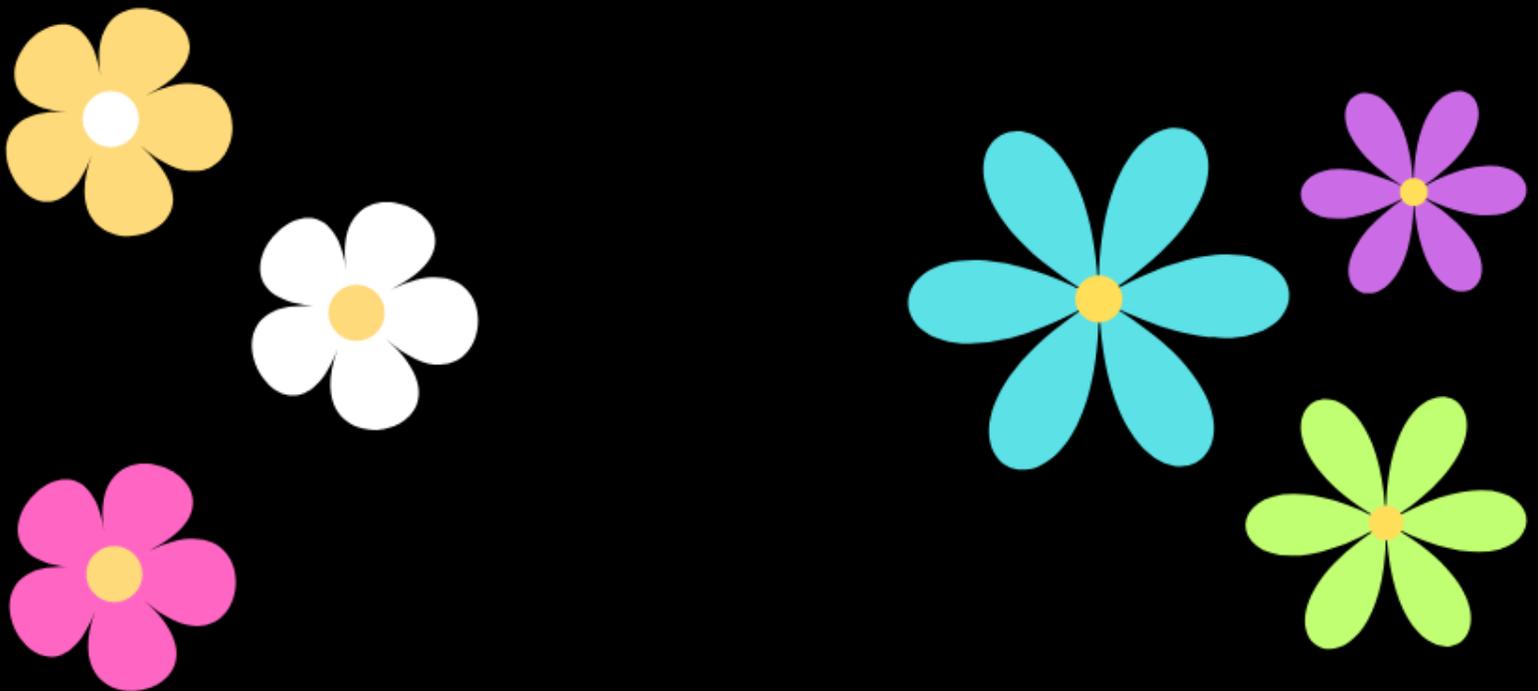


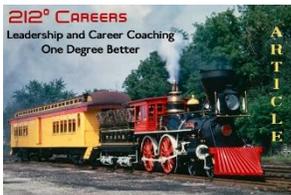
# Practicing Gratitude

In Challenging Times



This report includes **nine powerful tips** and **three actionable steps** you can take immediately.

It also includes a list of **suggested readings** for even more information.



*Scan the QR Code to visit 212-Careers.*



# TOP TIPS

When life gets hard, feeling gratitude might be the farthest thing from your mind. It's normal to experience anger, uncertainty, fear, and helplessness when life decides to test you. While it might be difficult, expressing gratitude during hardship can be good for you.

Plenty of studies show that regular gratitude practice can lower high blood pressure and reduce physical pain. Healthier sleep patterns, increased self-esteem, strong relationships, and improved life satisfaction are also linked to practicing gratitude daily. Here are a few ways to help you look on the positive side when life becomes difficult.

## **1. Craft Meaningful Thank You Notes**

Break out a pen and paper and say thank you. If snail mail isn't your thing, use email or text messages to get the point across. Make it meaningful. Mention the reasons you are grateful for having the person in your life. This is a simple way to improve your relationships and remind yourself of the people who are important to you.

## **2. Pay a Compliment**

How is paying compliments to someone expressing gratitude? You are grateful for the experience. It's a form of positive energy that makes you feel good, puts a smile on someone else's face, and makes you more grateful for taking the time to make someone's day better.

### **3. Remind Yourself Why You Are Grateful**

Because of how your sensory network, nervous system, and survival instincts work together, your environment will strongly influence your emotions. Fill your environment with reminders of the positive things in your life.

These can be pictures, people, pets, or reminders of wonderful memories. Treating yourself to a clean, de-cluttered, distraction-free environment is another way to display gratitude for your home or workspace.

### **4. Socialize Daily**

You don't have to consciously express gratitude to benefit from being grateful. We are programmed to feel less stress, more happiness, and personal satisfaction around other people. This means socializing regularly fills you with positive feelings that can help you through a challenging time.

### **5. Get Down to Basics**

Do you have a roof over your head? There are millions of homeless people in the world who don't. If you have clean water to drink, clean, and cook with, you enjoy an unrealized luxury for many people. Every breath is an opportunity to celebrate the present moment.

Be grateful for the small but important things you usually take for granted. This reminds you that regardless of the negatives you are experiencing, you are still here, surviving and thriving.

### **6. Remember That This Too Shall Pass**

Think of a difficult experience faced in your past. It was challenging, but you overcame it. You are a survivor. Remind yourself of the wonderful times you've had since then. Our experiences don't last forever. Be grateful that the hardship you are enduring will soon be over, and more positive times await you.

## **7. Speak with a Friend or Loved One**

Spending time with people who make you feel good is a simple way to realize how much you have to be thankful for. You can also ask these important people for their input. Why are they grateful for you? What do they see in your life as reasons for gratitude? The people closest to us can remind us that we have much to be thankful for, even if our current situation is difficult.

## **8. Find 5 Things Every Day**

Keep a notebook handy or start a gratitude journal. As you move throughout your day, record experiences that make you feel grateful. These can be as simple as enjoying a child's laughter or being grateful for your job. You will find that the more you look for positivity in your life, the more you discover it.

## **9. Practice Random Acts of Kindness**

Help someone less fortunate than you. You don't have to move mountains. You can help an older person by handling their grocery shopping or taking care of their lawn. Hold the door for someone. Share a genuine smile with someone who looks like they're having a tough day. Helping others reminds us that our situation might be difficult, but that others are experiencing more challenging circumstances.

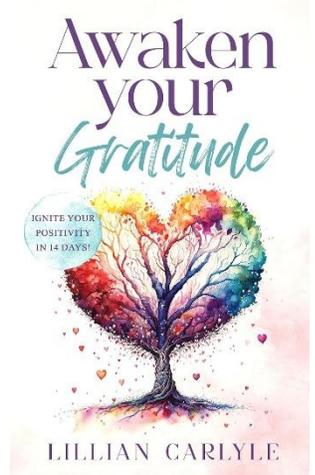
## **FAST-ACTION STEPS**

---

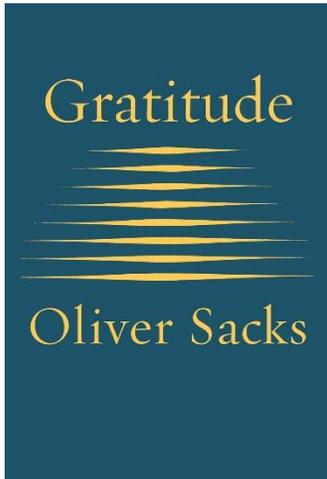
- 1. Embrace positivity in your environment.** Create spaces at work and home that make you happy and remind you of everything you are grateful for.
- 2. Start a gratitude journal** or write five things you are grateful for daily. Don't skip a day. This practice has a way of growing exponentially. You'll eventually begin noticing more opportunities for gratitude throughout your day.
- 3. Write a thank-you note.** Send a letter, email, or text message. You will brighten someone else's day and feel good about the process yourself.

# FURTHER READINGS

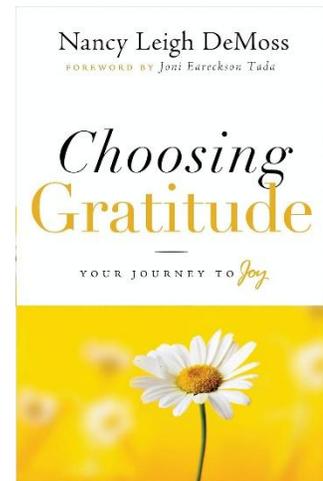
1. [Awaken your gratitude: Ignite your positivity in 14 days!](#)



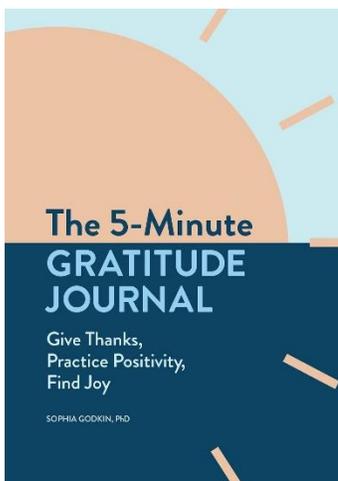
2. [Gratitude: Essays](#)



3. [Choosing Gratitude: Your Journey to Joy](#)



4. [The 5-Minute Gratitude Journal: Give Thanks, Practice Positivity, Find Joy](#)



5. [Wake Up Grateful: The Practice of Taking Nothing for Granted](#)

