

Gratitude

What is it?

Training your mind to notice what's right in life rather than what's wrong.

How do you do it?

It can be as little as writing down three, small things that you noticed that were good that day or made you smile. You can even think of it in terms of 'something that went well', 'something I was pleased with,' or 'something I was proud of.'

REMEMBER!! It's not about being happy about everything! You're still entitled to be angry about stuff or feel all the negative emotions that we so often feel, it's just about creating a bit of space for noticing what is still good in your life.

Why bother?

There's been a huge amount of research into the effects of practising Gratitude, which suggest that it can massively improve your well-being and keep you relaxed.

The more you do it, the more you start to notice the good stuff around you, so you get lots of mood boosts through out the day as well as long term positive effects.

A study in 2003 found that when a group of people were asked to keep a daily journal listing 3 good things, their long term wellbeing increased by over 20% compared to the control group who kept a journal listing 'neutral' events. They also reported better sleep and even reported exercising more (which can't be a bad thing!)

Other ways to practice gratitude:

Write a letter to someone you really care about and tell them what you appreciate about them – be really specific. You don't have to show it to them if you don't want to, but if you do share it with them you both get a boost.

Download our worksheet for how to make a super-easy, DIY, pocket sized 3 Good Things journal to keep with you at all times. Try it out for a week and see how you feel!