

# PRACTICING GRATITUDE

Practicing gratitude regularly has many benefits including improved quality of sleep, feeling more relaxed, optimistic, and building stronger and healthier relationships. Below are some ways to incorporate gratitude into your daily life. The key is to start small and just do what you are able.

## Activity 1: Create a Gratitude Jar/Box

- **Step One:** Find a jar or small box to decorate.
- **Step Two:** Decorate the jar! You could paint it, wrap it in ribbon or fabric, or you can find one that you think looks nice.
- **Step Three:** Every day, write at least three things you are grateful for, big or small, onto colourful slips of paper. Fold up the paper and put it into the jar until you have filled it. It could be about the weather, a nice phone call with a friend, or something that made you smile throughout the day. Once the jar is full, you could empty out the slips and read them, or you could start a new jar!

## Activity 2: Mindfulness Walk

- A mindfulness walk can be done anywhere! If you live in town, go for a walk around the neighbourhood or on a trail surrounded by nature. You can go for a walk by yourself, or with another person. If you walk alone, be careful and tell people where you are going. Walk around slowly and soak in the environment around you. Sit on benches when you can.

Pay attention to all your senses. What colours, shapes, or things do you see? What do you smell? How do your feet feel on the ground? Is it cold, hot, breezy? This is a great way to ground yourself if you are feeling sad, anxious, or stressed.



## Activity 3: Gratitude Collage

A gratitude collage is a wonderful way to physically see everything you are grateful for. There are many different ways to create a gratitude collage. Below are two versions that you can try:

**Version 1:** Flip through magazines, newspapers, or pictures. Cut out things, places, or people that you appreciate and glue them onto a big piece of paper or board.

**Version 2:** Take a picture of something that you are grateful for every day, such as a meal, another person, a flower, or yourself! Next, you can print out these pictures and glue them onto a board. If arts and crafts aren't your style, you can simply look through all these pictures at the end of the week and simply appreciate them.

In challenging times, it can be difficult to feel grateful, but if we search long enough inside of ourselves, we can all find something that brings joy to our lives.

