

Building Resilience: One Step at a Time

Embracing gratitude: A long-term approach

What is gratitude?

- A deep appreciation for someone or something that creates long lasting positivity
- Being thankful for what you receive either tangible or intangible
- Gratitude allows you to focus on what you have instead of what you wish you had
- Acknowledgment, appreciativeness, responsiveness, gratefulness

Why is gratitude important?

- During stressful or challenging times, we have the tendency to forget the positive aspects of our lives
- When we activate thoughts and actions of gratitude, we can strengthen our personal resilience to manage the stressors
- Negativity can be draining and focusing on gratitude can help you escape the cycle of negativity

Benefits of practicing gratitude

- More happiness in one's life
- Improved relationships
- More resilience
- Improved physical health
- Higher self-esteem

How to practice gratitude

- Make it a habit and be intentional
 - Write down or think about what you are grateful for in that moment
 - Perhaps start a journal
- Think about the people you are grateful for and tell them
- Reflection: start with one or two minutes and focus on the present
- There are many different styles of activities
 - Read an article
 - Meditation
 - Share a thought
 - Leave a visual reminder
 - Give yourself grace and have the "courage to be imperfect"

Which of these practices can you begin? Have you experienced the difference gratitude makes?

Additional resources

- [Positive Psychology article explaining what gratitude is](#)
- [Harvard Health Publishing article outlining research on gratitude](#)