

TRUSTEE'S REPORT *By: Lucy Perna*

HEALTH & WELLNESS:

GRATITUDE

Gratitude, according to Kendra Cherry, MSED, in the simplest form, is the act of feeling grateful for what you have. It can be directed toward people, events, circumstances, or even intangible things like good health or personal growth. It involves recognizing and acknowledging each moment that makes us realize the goodness we have around us.

Psychologists find that, over time, feeling grateful boosts happiness and fosters both physical and psychological health, even among those already struggling with mental health problems.

Gratitude can improve not only your mental health but your physical health as well. Studies have shown that practicing **gratitude** can lead to lower blood pressure, stronger immune system, and better sleep. People who practice **gratitude** are also reported to experience fewer aches and pains and take better care of themselves with regular exercise and check-ups at the doctor.

Developing a sense of **gratitude** isn't complex or challenging. It doesn't require any special tools or training. And the more you practice it, the better you will become and put yourself into a grateful state of mind.

Here's how to do this:

1. Write it Down:

You might find it helpful to **start a gratitude journal** where you jot down a few things you are thankful for each day. Being able to look back on these observations can help when you are struggling to feel grateful.

2. Savor the Moment:

Give yourself time to really **enjoy the moment**. Focus on the experience and allow yourself to absorb those good feelings. Concentrate on the sensations and emotions you are experiencing in a given moment and think about the things you appreciate.

3. Create Gratitude Rituals:

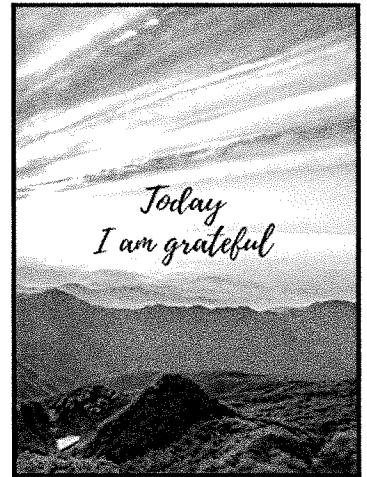
Pausing for a moment to appreciate something and giving thanks for it can help you feel a greater sense of gratitude. **A meditation, prayer, or mantra** are examples of rituals that can inspire a greater sense of gratitude.

4. Give Thanks:

Gratitude is all about **recognizing and appreciating** those people, things, moments, skills, or gifts that bring joy, peace, or comfort into our lives. **Show your appreciation to someone.**

Anne Frank's quote "Dead people receive more flowers than the living ones because **Regret** is stronger than **Gratitude.**"

Melody Beattie. said, "**Gratitude** makes sense of our past, brings peace for today, and creates a vision for tomorrow." – Melody Beattie.



What are you Grateful for?