

Practicing Gratitude Exercises

Gratitude initiates an **“upward spiral of positive emotions.”** Research shows that expressing gratitude increases your happiness by helping you notice the good things that are already happening.

1. **Gratitude Visit** - write & deliver a letter of gratitude (call, text, or if possible, visit)
2. **Counting Blessings** - 3 good things that happened to me are... and why?
3. **You at Your Best** - write about a time you felt you were doing your best! Save it and reread it to remind yourself of your vast potential, and how you have and can make a difference in the world.
4. **Gratitude Jar** - An Overflowing glass - Create your own gratitude well. List everything and everyone you are grateful for. Think about all the details that go into your happiness-each of your healthy organs and limbs, your friends, family, teachers and pets, your growing list of skills and talents, and your favorite foods, books, games, and sports. Write each item on a separate small piece of paper. Roll each one up like a scroll and place it in a glass in your bedroom or in a prominent place in your home. When you have a rough day or are feeling anxious, go to your well of positive emotions, and read some of the scrolls to help you regain good feelings, & restore your feelings of gratitude.
5. **Gratitude Walk** - Designate a time for a gratitude walk- decide which people, things, or events you are thankful for. This can take place any time, any place, inside or outside!
6. **Gratitude Journal** - Write down 3-5 things you are grateful for and illustrate it! “I have so much to be thankful for”; “If I had to list everything that I felt grateful for, it would be a very long list, but I will start with a few...”; and “I am grateful to a wide variety of people, and offer a specific example and rationale for why you appreciate the person. You might say – “thank you, dad, for being there for me after I broke up with my boyfriend. You have always been caring and supportive of me when I’m down and I so appreciate that.”

Acts of Loving Kindness - What can you do for someone else?

1. Send someone a message reminding them that you care about them, and how important they are to you.
2. If you are going to the store, offer to pick something up for someone in quarantine.
3. Be generous with your emails/text messages/phone calls
4. Humor is the medicine of the soul. Send humorous memes, pictures, videos to keep spirits high!
5. The outdoors provides many social and emotional benefits- how can you access the outside? Calms your mind, helps you think more clearly, and creatively. If you can’t go outside- imagine you are outside.