

GRATITUDE



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WHAT IS GRATITUDE?

It's easy to forget that on a basic level we are alive and breathing. We may experience problems now and then but compared to others we lead a good life. Gratitude is about appreciating what we have in our lives and involves noticing what you are truly thankful for. Take a moment to genuinely appreciate all the opportunities and support available to you.

WHAT ARE THE BENEFITS OF PRACTICING GRATITUDE?

Evidence suggests that people who practice gratitude lead happier lives compared to people that don't. Benefits include less stress and anxiety, more resilience, being able to express more compassion and kindness and even having better physical health.

HOW DO I PRACTICE GRATITUDE?

Try listing three things in the morning and three things in the evening and the challenge is to keep them specific and about that day! You can say these out loud or keep a gratitude journal. It might seem strange at first but the more you do it, the more natural it will feel and the more things you will list! Sometimes it's the small things that will be more meaningful like someone giving you a compliment or receiving a text from someone you haven't heard from in a while or waking up before your alarm goes off. You will also find that your mindset will become much more positive and happy. The only difficult part is remembering to do it! So set a reminder on your phone or write a note in your diary until it becomes a daily habit.



REMEMBER!

Don't take anything for granted!



REMEMBER!

Practice is key!



REMEMBER!

Acknowledge life is a gift!