

Self Healing Invitation: Gratitude



The next time you find yourself stuck in negative thinking, try one of the following gratitude practices that only take a few minutes. Stay mindful during these exercises and notice any changes in your body and mind throughout. Maybe you don't notice anything at first, and that's OK. You are right where you need to be. Training our minds to think differently takes time and practice.

1. **Gratitude Journaling:** Write down what you are grateful for that brings you joy – big or small. Notice any shifts in your thinking.
 2. **Mindful Breathing with Gratitude:** Take a few minutes to practice deep, mindful breathing. While doing so, think about things that make you smile or have made you happy over the years. Notice how that makes you feel. Breathe into that feeling.
 3. **Gratitude Letter:** Write a letter to yourself or someone else expressing gratitude. If writing to someone else, think of someone who has impacted your life. Keep the letter in a journal. The act of writing it down can elicit a sense of appreciation.
 4. **Gratitude Walk:** Take a walk without your phone, and notice your surroundings. Acknowledge the beauty of nature, the warmth of the sun, or the fresh air. Express gratitude for the sensory experiences around you.
 5. **Gratitude Visualization:** Close your eyes and visualize a situation or achievement you are grateful for. Engage your senses to make the visualization vivid. This can evoke positive emotions and break the cycle of negative thinking.
 6. **Express your Gratitude Out Loud:** At any given time, say it out loud! Feel it as you say it. Expressing yourself verbally is making a declaration that you are more grateful than you are a deprived. Allow this to empower you.
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