

Inner Strength - Outer Strength

INNER STRENGTH TIPS

Gratitude

Gratitude is the ability to appreciate the positive things that surround you, even in the most challenging of times. Developed through practice, it is important to take time for gratitude and change our mindset to look for the positives in the world around us.

“Taking a little time to notice and reflect on everyday experiences generates more positive emotions, improves sleep and develops more compassion and kindness,” says Andrew Johnson, a mindfulness expert at Mandarin Oriental Hyde Park, London. He suggests putting a small moment of time aside every day (while on a coffee break, for example) to reflect and bring gratitude into the experience.

How to develop Gratitude:

- Keep a gratitude journal and every day write down three good things that you are thankful for.
- Write a gratitude letter to someone close to you to let them know how much you appreciate them. When the pandemic allows, consider hand delivering it and reading it to them.
- Practice “awe walks” in which you take a walk outside with an open mind in search of beauty and goodness.

Interesting reading:

- *Thanks! How the New Science of Gratitude Can Make You Happier* by Robert A. Emmons
- *Gratitude* by Oliver Sacks
- *Thxthxthx: Thank Goodness for Everything* by Leah Dieterich

Some useful apps to help you with your gratitude development:

- Grateful: A Gratitude Journal
- My Wonderful Days Journal
- Five Minute Journal