

TIPS FOR PRACTICING GRATITUDE

Learn about the mindfulness practice of gratitude and
how to create a gratitude ritual.



OVERVIEW

Practicing Gratitude

Gratitude can be understood as both a feeling and a practice. People engage in activities, behaviors, and thought patterns that provide a sense of fulfillment and appreciation known as gratitude.

There are many mental health benefits as well as physical benefits that come with practicing gratitude, such as:

MENTAL HEALTH BENEFITS:

- Reduces depression/ increases happiness
- Reduces stress
- Fosters resiliency
- Strengthens social connections/reduces loneliness

PHYSICAL BENEFITS:

- Better sleep
- Immune booster
- Fewer aches and pains

HELPFUL TIPS



01

Journal

One helpful way to begin practicing gratitude can be to maintain a gratitude journal. Create a list of all the positives in your life. If it is difficult to find something you're grateful for, start small. We can appreciate even the simplest benefits in our lives. Try to remember a good meal you recently had or a conversation with a friend.

The more you practice coming up with reasons to feel grateful the easier this ritual will become. You may find that there is much more to feel grateful for than you initially realized. Keeping a journal can also be a helpful reminder of what you have to feel grateful for. You can look back and see how your gratitude has grown.

02



Express Gratitude Toward Others

One of the best ways to experience gratitude is to convey your appreciation for others. Showing gratitude toward others does not need to involve any grand gestures. By simply holding the door open for someone you are practicing gratitude.

You can take this a step further by reaching out to a friend or loved one and letting them know you appreciate them. Offer to buy someone a coffee or a meal if you are able. You can write someone a thoughtful note and express the ways in which you are grateful for them.

These are simple gestures that can mean a lot for someone on the receiving end, while also providing the positive benefits of gratitude on the giving end.

03



Express Gratitude Toward Yourself

Gratitude can be expressed toward yourself! Talk to yourself in an appreciative manner. If you find that you are criticizing yourself, think about how you would talk to a friend if they were feeling down.

Engage in self-care. This can look like spending time with friends, eating a favorite food, going outside for a walk. Self-care routines are a great way to practice gratitude.

We often take for granted that we are enough to feel grateful for and search for gratitude in the external world through validation from others, material possessions, or in our accomplishments. While these can still be wonderful reasons to feel grateful, we learn to only feel gratitude when in the presence of these external rewards.

We can feel gratitude by simply acknowledging the presence of our physical body and through the awareness that we are alive and breathing.

04



Reframe

If you are feeling stuck, try reframing a situation in a more positive way. There will always be bumps in the road, and moments when you feel less grateful. Think about the challenges you have overcome and the strengths you have gained during more difficult times.

By practicing the skill of reframing, you are training your brain to think positively. Soon you will find that you are naturally thinking and feeling more positive. Being able to acquire this skill will not only help your present state, but it will also support your decision making abilities in the future and your resiliency during other challenging times.






At Steady NYC, we believe everyone has the capacity to grow, change, and heal.

You can learn more about us on our website at:
www.steadynyc.com

For questions or scheduling a free phone consultation reach out to us at:
office@steadynyc.com
or call 347-983-2233

 **Where we are located:**
49 West 24th Street, Suite 605
New York, NY 10010