

Gratitude Journaling Presentation



Gratitude Journaling

The basic nature of our mind is to dwell in the past or to worry about the future.

Our lives have so become busy & stressful preoccupied with distractions that we let go of our minds to enjoy the present.

This results in helplessness, fear, negativity, depression, and unhappiness. And the antidote to our unhappiness isn't the newest thing, the latest diet fad, or the next achievement.

The antidote is Gratitude.





Here's how you can benefit from Gratitude Journaling.

Keeping a Gratitude Journal and practicing Gratitude can:

1. Increase your happiness.
2. Improve your Mental Health.
3. Help you savor Positive Experiences.
4. Help you to cope with major life challenges.
5. Boost your Self-esteem.
6. Foster Empathy.
7. Give you a better night's sleep.
8. Strengthen Relationships.

How, What and When to Journal

- *If possible, try and make this a daily habit.*
- *You can write in the morning first thing, or you can end your day with your gratitude journaling. Do whatever works for you.*
- *The goal is to write at least one Gratitude each day, but know there is no limit.*
- *Your Gratitude can be anything you are grateful for (i.e. serenity, a restful night's sleep, or as simple as a sunny day, flowers blooming, smell of coffee).*
- *Don't limit yourself in recognizing your gratitude.*
- *This is a practice in finding your own happiness through the simplest things.*
- *Being able to see and acknowledge the good things that are happening in our lives is vital to our recovery.*
- *Try and include a daily affirmation as well to hold for the day, because it is important to affirm ourselves as well, either with a quote, reading or picture/drawing.*
- *The benefits of journaling is just not for our mental well being but can also transfer to our physical well being. We will begin to feel better, have more clarity and develop a sense of peace and serenity in our daily lives.*

In conclusion:

Being grateful & thankful for all of the blessings you have makes you feel good about yourself.

You realize that there are so many reasons to be grateful, and your self-esteem is elevated.

When you feel good about yourself & happy with who you are, you will find that this attitude also raises how you view your own life & the world around you.

As such, gratitude creates positive emotions, like joy, love, and contentment, which research shows can undo the grip of negative emotions, like anxiety.

