



## How I Plan to Deal with My Anxiety, Stress or Worry!

### The Attitude of Gratitude

Reflecting on things we are grateful for on a regular basis can significantly shift the way we respond in stressful, uncertain situations.

Gratitude naturally puts us in a positive state of mind because it focuses on what matters most to us, rather than what does not.

### What are you grateful for?

- Family traditions?
- Getting to sleep in?
- Being able to buy something you saved up for?
- A surprise gift?
- Movie marathons?
- Secretly doing something nice for someone?
- Toilet paper?

*“Be thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never, ever have enough.”*

*Oprah Winfrey*



## Gratitude Boxes or Jars Can be anything . . .



Cut up strips of paper

Each day write the date and what you are grateful for and put it in your box or jar



**In a month or two, pull out the strips, read them, and *reflect*.**

**How have you changed?  
How has your life changed?  
You may be surprised!**

Daily habits of gratitude and appreciation are one of the highest emotional states you can experience. When you cultivate gratitude, you're able to feel true joy and contentment, no matter what you have or don't have in your life. *Jack Canfield*

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