

# Gratitude

Learn to appreciate the small things in life

# Group Welcome

- Come with an open mind and an open heart
- Let's consider Recovery Education and keep a learning focus
- Be mindful of other students and their experiences
- Confidentiality is crucial
- This is a safe space to simply be yourself
- Being present
- The value of the Course Evaluation Form



# Aims and Objectives

- Understand what gratitude is and is not
- Understand how gratitude can affect different aspects of your wellbeing
- Learn how to incorporate gratitude exercises in your daily life



"ENJOY THE LITTLE  
THINGS, FOR ONE  
DAY YOU MAY LOOK  
BACK AND REALIZE  
THEY WERE THE BIG  
♦ ♦ THINGS"

- ROBERT BRAULT



# What is gratitude?

“A strong feeling of appreciation to someone or something for what the person has done to help you”

“A felt sense of wonder, thankfulness and appreciation for life. It can be expressed towards others, as well as toward impersonal (nature) or non-human sources ”

## Gratitude is:

- The awareness of positive events or emotions and the conscious expression
- A way to recognise the goodness in our life
- A way to celebrate the present

## Gratitude is not:

- Forced happiness
- Comparison
- A way to ignore or skip pain or stress
- A replacement for therapy or medication
- Seeing the good in everything or always being happy (toxic positivity)

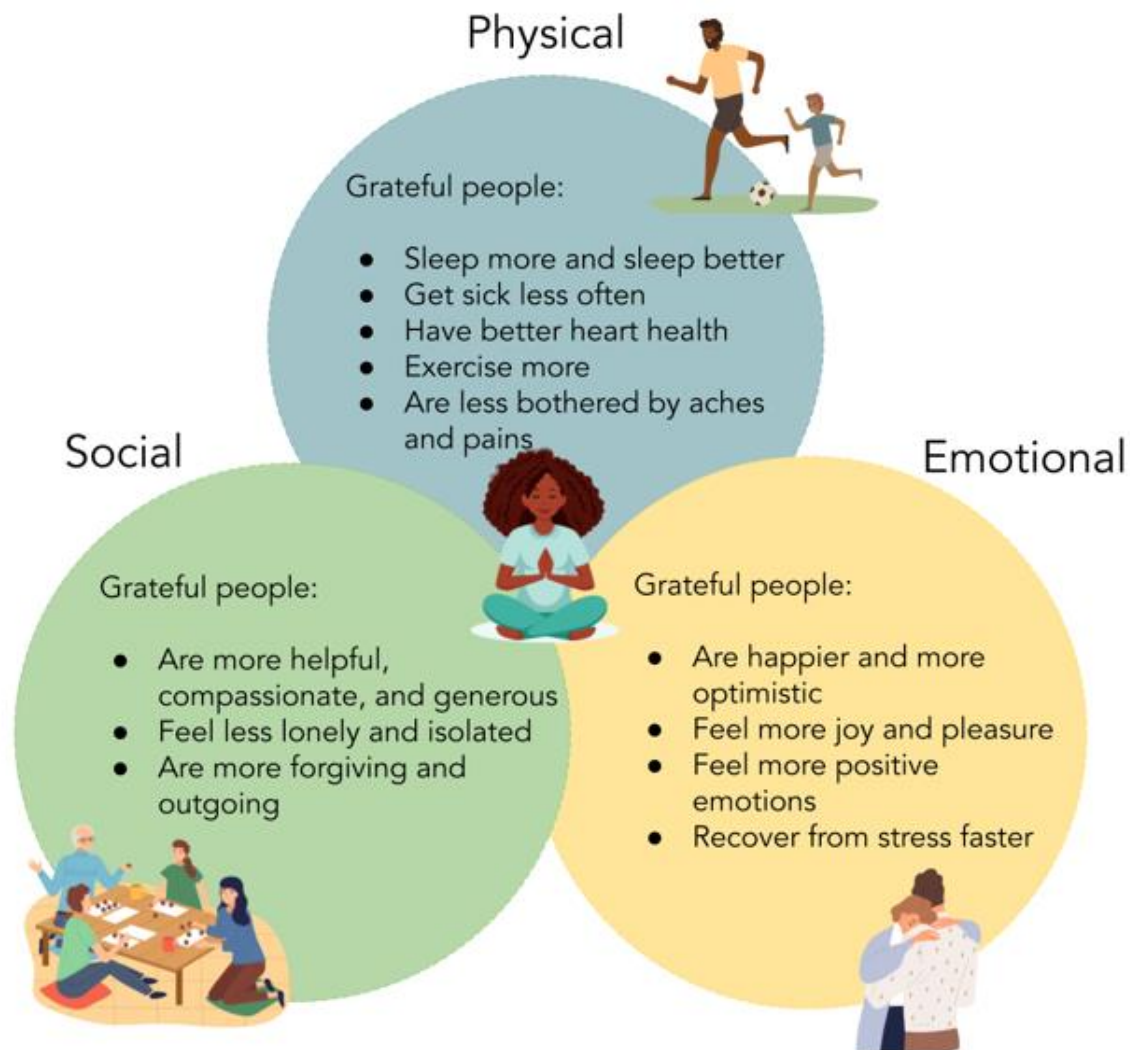


# Gratitude recipe

- Awareness
- +
- Mindful thinking
- +
- Expression/ Behaviour
- =
- Gratitude

## Gratitude and Well-being

Gratitude is good for your health and well-being,  
and there's research to prove it!



*Adapted from The Greater Good Science Center at the University of California, Berkeley*



# Gratitude Areas - What to be grateful for?

- Health & mind
- Work & success
- Education
- Relationships (humans and animals)
- Nature
- Material goods & services
- Love & passions

## Exercise: write 1 to 3 things you are grateful for today.

### Wording examples:

- I am grateful for (what?) because (why?)
- I am truly blessed to have (what?) because (why?)
- I am truly grateful for (what?) because (why?)
- I am so happy and grateful for (what?) because (why?)
- With all my heart thank you for (what?) because (why?)

### Main areas:

- Health & mind
- Work & success
- Education
- Relationships (humans and animals)
- Nature
- Material goods & services
- Love & passions

# Incorporate gratitude to your everyday life

Ways to express gratitude (see handout):

- Gratitude journal
- Gratitude expression (in person or written)
- Gratitude jar
- “Three good things”



# Tips to build your gratitude habit:

- Start slow
- Choose your time and location
- Explore various methods of expression
- Keep it simple
- Incorporate it in your routine when possible
- Aim for consistency when possible