



Holistic nutrition includes body, mind and spirit.



Spiritual Health: Gratitude March 2017

Gratitude is one gift we can give to ourselves to help us move along on the journey of healing our hearts, minds and spirits and in doing this help heal our bodies. It can help you with physical symptoms, thoughts, feelings, your level of inner peace, calm and happiness.

Sometimes it is difficult to find anything to be thankful for. It may sound impossible. To help you with making an attempt at developing an attitude of gratitude, please take a few minutes during the day to write down something, a beautiful scene, a kind word, some other situation or someone you are grateful for today.

It is a tool for you to use to learn about yourself. Take your gratitude list or journal home, to school or to work but most of all in your heart and mind. Use a worksheet or gratitude journal and read it whenever you want a lift, or to find something good in your life.

Try to write down three things each day. For each thing that you wrote, answer the questions with what you think and how you feel as you write them. For each thing you write down that you are grateful for, answer

- 1 - Today I am grateful for...
- 2 - What allowed this to happen?
- 3 - What part did I play in making this happen?
- 4 - What can I do to bring more of this thing into my life?
- 5 - What do I think about this thing?
- 6 - How does this thing make me feel?

What you are grateful for can be anything: a smile from a stranger, being able to get out of bed, making a healthy food choice, getting enough sleep, having a sound restorative sleep, less physical symptoms, less racing thoughts, less anxiety, less sadness, more forgiveness for others, sunshine, warmth, cold, beautiful scenery, being listened to and really heard, a hug, feeling loved or cherished, basically anything physical, psychological, spiritual, environmental.

Anything goes, what is important is to practice gratitude daily. Practicing gratitude helps you to think and feel positive. It can literally change your life.

**Be healthy 4 life,
Cathy Ferren RHN**

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