

Coping with Changes

Brought by COVID-19



Tapping into gratitude

Research shows that it isn't happy people who are grateful, it's grateful people who are happier. Take advantage of this time of uncertainty to reflect on what you're grateful for in your life. This could be a really good time to start a formal gratitude practice for yourself and engage family and friends. It isn't enough to have "an attitude of gratitude." To fully reap the benefits, you need a formal practice, but this can be as simple as having everyone around the dinner table say out loud what they are grateful for.

Some families like to start a gratitude jar and write on slips of paper what they are grateful for and place them in the jar, or keep a gratitude journal. The nice thing about writing these sentiments down is you can refer back to them later. You can identify themes and have something to read on the really difficult days when it's harder to remember what you are grateful for. Or simply leave a note in a place family members will find them the next time they go by!

[Click to listen to gratitude expert Brene Brown explain more.](#)
[Click to learn more about gratitude.](#)



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