

Thankfulness when it's hard

When Thanksgiving comes around each year, we are urged to be thankful and count our blessings. For some people that can be difficult. While being thankful has a whole host of proven benefits for our health and wellbeing, it can still be difficult to be thankful specifically at this time of year. Do you find yourself struggling to be thankful?



Here are some ways to harness the benefits of thankfulness even when you are not feeling it.

Look for reasons to be thankful for opportunities that you enjoy or help you grow. You are attending school. It's hard and exhausting, but it's an opportunity some people do not have. If this interests you, might I suggest the book *I Am Malala* by Malala Yousafzai.

Set reminders in your phone. When the reminder goes off, ask yourself, "what can I be grateful for right now?" Interrupting your days with intentional moments to be thankful can help you see opportunities around you.

Every day take a picture with your phone of something you're thankful for. The act of looking for things that are beautiful or give you joy, will help your mind anticipate good things. Plus, it's a fun way to practice looking for gratitude.

Take time out of your schedule to thank other people. Has someone said something nice? Have they gone out of their way to be helpful or encouraging? Tell them how much you appreciate it. Not only does this help you grow gratefulness, but it can also help you enrich your relationships.

Some people like to journal in the morning or at night. If that's you, it's the perfect opportunity look forward to the day or to reflect on your day with a mindset of intentional thankfulness.

Thankfulness isn't always easy, but it can have so many benefits like improving brain function or decision making. It can help you sleep better, reduce anxious thoughts and enrich relationships. Perhaps creating habits of thankfulness can improve our lives and is worth the effort even when it's challenging.

Please know that we at NHTI are so thankful for you.