

May is Mental Health Awareness Month

A Wonderful Anti-Anxiety Tool: Daily Gratitude Journal

by Mary Rose Day (Family of Parishes Mental Health Steering Committee)

Each day, at a time most convenient for you, write down five things for which you're grateful. They could be big events: a birthday, a special holiday, spending time with a loved one, starting a new job, a new puppy, etc. But more often, they are simple (often overlooked) blessings: the first robin or daffodil of spring; your good health or the improved health of a loved one; enjoying a baby's laugh; an unexpected free afternoon; the company of a long-time friend; a comforting shoulder to cry on, your favorite meal, etc.

It won't be an overnight miracle, but be patient... you simply will not be the same person two months from now after consciously giving thanks to God each day for the abundance that exists in your life! And you will have set in motion an ancient spiritual law: the more you have and are grateful for, the more will be given you.

We humans have a tendency to focus on the negatives in life, especially in today's modern world with our constant exposure to all types of distressing and fearful media. The gratitude journal habit will gradually change your perception to enjoy all the many gifts God has given us!



Some people can
be given an entire field of
roses and only see the thorns
in it. Others can be given a single
weed and only see the wildflower
in it. Perception is a crucial
component of gratitude.
And gratitude is a vital
component to joy.

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Gratitude

turns what we have into
enough, and more.
It turns denial into
acceptance, chaos into
order, confusion into
clarity... it makes sense of
our past, brings peace for
today, and creates a vision
for tomorrow.

~ Melody Beattie