

PRACTICE GRATITUDE

by:

Hainee C. Minas, Rpm
Bataan High School for the Arts

Being grateful means expressing gratitude for the things in life that have meaning or value. Every day, taking time to reflect on and express gratitude can improve one's attitude, lift spirits, and make one feel more upbeat in the face of difficulties.

Continuous expression of gratitude can be unexpectedly challenging, no matter the current situation in life. Many people are prone to negativity bias when the focus is on unfavorable events and bad news while pushing positive times to the side. It is simple to get caught up in the fast lane and forget to pause and express gratitude for what a person already has.

Fortunately, gratitude can be built like a muscle. Even the worst day might have something to be grateful for with the correct exercises and practice. Though practicing gratitude may seem corny, studies have shown that it can have some extremely positive effects.

Here are some strategies to practice gratitude more often in the day-to-day life:

First, refresh gratitude. Finding new things to be thankful for each day is the best way to experience the positive effects of gratefulness. Writing in a gratitude notebook is effective because it gradually alters our perception of events by refocusing our attention.

Second, appreciate even the small things. It's not necessary to save one's gratitude until life's "major" moments. Recognizing that nothing in life is too small to be thankful for and appreciating everything that a person has in life are the first steps in developing

the habit of gratitude. Do not leave anything out when practicing gratitude, even if it is as basic as appreciating the clear skies or how fast the courier delivered the package.

Third, recognize the good in every difficulty. Being appreciative of just good things is not the definition of gratitude. In fact, there are occasions when focusing on unfavorable or challenging circumstances might help identify true blessings. People should look more closely at some of their own prior experiences to see how they may have contributed to the person they are now.

Next, meditate. Meditation can help people go as far as they can with gratitude. People can broaden their understanding of life and their connection to themselves and other beings by practicing various guided meditations, such as those on love and kindness. It encourages thankfulness because it fosters acceptance, objectivity, and forgiving. Meditation can also be used to focus on something specific for which things to be grateful for, allowing the sensation to intensify and grow.

Lastly, include other people while practicing gratitude. The major factor influencing happiness is the relationships people have with others. Therefore, it makes sense to consider others while practicing gratitude. Express gratitude with every company and in every conversation.

Without a doubt, gratitude is a wonderful emotion to nurture. This attempt can turn gratitude into a behavior that eventually becomes a trait. Remember that patience and practice are essential components when achieving goals and intents. Hence, it is best to practice gratitude right away.

References:

<https://www.helpguide.org/articles/mental-health/gratitude.htm>

<https://www.forbes.com/sites/womensmedia/2016/07/08/8-ways-to-have-more-gratitude-every-day/?sh=58a48dcd1d54>

<https://www.happify.com/hd/the-science-behind-gratitude/>

<https://www.betterup.com/blog/gratitude-definition-how-to-practice>

<https://www.choosingtherapy.com/how-to-practice-gratitude/>