

# Week 1 - Mindfulness

## This week - **Practising Gratitude**

Over the past 10 months, the nation has come together, we've recognised the incredibly hard work of our key workers with our weekly 'Clap for the NHS & Carers'. We've seen a huge sense of community across the country with everyone coming together to help those who are in need and although COVID 19 has had such a devastating effect on so many people's lives, the world does seem a little kinder and a better place to be.

Practising gratitude is something we have all heard before, it helps boost your mental health, relieve stress and accept change but it can be difficult to know where to start.

- **Start off today by writing down three things you are thankful for**, it can be anything, whether it is something small such as your morning coffee or something a lot more personal to you.
- **Try to set aside 2 or 3 times a week where you physically write down 3 things you are grateful for**, it can be helpful to have a gratitude journal, as time goes on you will find that you think more deeply about all the things you are grateful for.
- **Another great idea is having a gratitude jar**, writing down all that you are grateful or on a piece of paper, putting it in the jar. At the end of the year, you can open up the jar and look back on all of the positive things that have happened.