Always be grateful for what you have no matter how hard life gets

By Kristina Ivanova
iheartintelligence.com, Updated Mar 22, 2020

Life can get really rough sometimes. We often have to face unbearable challenges, and that crushes our spirits. Not because these difficulties are so terrifying, but because we focus only on the pain and the wounds they leave us with.

Everyone needs gratitude in their lives.
Especially those who say they have nothing to be grateful for.

Ok, but honestly,
how privileged are so many of us
that during a global pandemic, we can just stay warm at home, reading, working, still being educated, creating, talking to our loved ones, with little worries and a fridge stocked with food?

Do remind yourself to be grateful today.

Usually, most of us forget that every challenge that life gives us is a valuable lesson. No matter how hard it all gets, we should never forget to be grateful for what we have and who we are.

The numerous downfalls make us lose our sight of the beautiful things in life. We forget to be grateful for the greatest gift we have been given – our precious lives. We inhale the fresh air, see the mesmerizing sunsets, and hear the wonderful sounds of nature.

All of this is happening before our eyes without us realizing life is a gift we should be grateful for.
We need more gratitude and appreciation in our lives.

There are people around us who love and support us unconditionally. We have a family that stands by us from the very beginning of our lives. What's more, we have friends who will always be there for us, no matter what. All of these loving human beings around us are the greatest treasure we can ask for. They give us strength, they give us love, they give us reasons to be alive. We should be grateful for each and every one of them.

On the other hand, there are the people who have hurt us the most and left us heartbroken. We should be grateful for them too. They thought us why we shouldn't be so naive and gullible. Besides, they made us stronger, wiser, and more resilient.

We need to be grateful for all of the things we usually take for granted.

We have a roof above our heads, we have food on the table, we see the sun every morning, and the moon every evening. These little things are what really matters in life. If we are not thankful for them, we wouldn't be able to see the beauty in anything else.

Along with all these significant little things we should be thankful for, come our mistakes and flaws. After all, they are what makes us human beings. Nothing in the world is perfect, and we make no exception.

Our mistakes are what builds our characters and turns us into the genuine people we are today. They teach us how to live, how to love, and how to treat other people. They show us the way to our self-growth and help us understand life better.

No matter how many times life knocks you down, take a step back and observe all the things that lift you up.
Be grateful for every little thing that makes you smile, warms your heart up, and makes your soul shine.

Appreciate every moment of your life because you never know when would be the last one. And when the last one comes, make sure you are grateful for the life you lived, rather than being full of regrets and bitterness.
Life is full of amazing things we should be grateful for. No matter how hard it gets, never forget to appreciate what you have and who you are.

Be grateful for all the things you have
We take so much of our lives for granted, that we don't think how lucky we are to be in the here and now.

We wake every morning forgetting to show gratitude for the fact that we have woken up at all. We get up on our feet without thinking about how fortunate we are to have working legs. We enjoy our morning coffee, eat and sleep without appreciating all these things enough.

We are so used to having all these things in our lives that we no longer see them as something special. Everything we have we take for granted.

The only instance we remember how grateful we should be for all this is when we lose some or most of it. And then we wonder why our existence is still depressing and miserable.

You need to stop taking life for granted and truly appreciate all that you have.
Only then will you be able to see the world in its full beauty.

1. Remind yourself that everything is finite
Nothing lasts forever. And that includes your job, your house, and relationships with people. Sooner or later, everything will be taken from you. Life is way too short and you don't have as much time as you think with those closest to you. Take good care of them and remind them how much they really mean to you.

2. Appreciate all things, big and small
Nobody owes you a thing. Nobody has a duty to show you respect and affection just because you choose to do that. The people who love you do so because they feel this way. The people who sacrifice everything for you do so because they truly care. Appreciate them and all the things they do for you.

3. Express your emotions
Don't let anybody convince you that being emotional and vulnerable is a sign of weakness. Don't let people discourage you from being true to yourself. Your feelings are not supposed to stay hidden inside. So go ahead and show people how much you love them and care about them. It does not have to be anything big necessarily. Often, it's the little things that make us happy.

4. Enjoy every moment
Look around and you can see the sun shining, the birds are singing, people are smiling, and the autumn leaves are falling. This is the only time you will experience this exact moment. Tomorrow will bring new challenges and new experiences. Don't take this day and this moment for granted. Live it, feel it **and be grateful** for it.

These 6 simple habits can help calm your coronavirus anxieties
There's no way around it: The news is grim. But these techniques can help when things feel overwhelming.

By Stephanie Vozza
FastCompany.com

Is your anxiety running a little high right now? You're not alone.

The [World Health Organization](#) has officially acknowledged that the coronavirus outbreak is generating stress among our population. Many of us are worried about the illness or whether we'll keep our jobs. A [recent survey by the professional social network Fishbowl](#) found that 54% of employees believe the coronavirus will result in layoffs at their companies.

While you may not be able to change what's to come, you can change your response to it.

"I've found it useful to think of anxiety and creativity as the result of a similar process: imagining possible futures that haven't happened yet," says [Adam Julian Goldstein](#), visiting partner at the startup seed accelerator [Y Combinator](#). "We can't eliminate anxiety, but we can choose to focus our thoughts on different things or different time horizons."

Calming habits can [help ease your anxiety](#). Here are six you may want to adopt to get through the next few months of uncertainty.

1. Rethink your perspective

Your outlook on life has the ability to impact your anxiety level. Goldstein, who [recently wrote about the anxiety algorithm](#) of startup founders, recommends a change in perspective. "If you suffer from nightmares, one solution is to stop sleeping, but a better one is to recognize that nightmares aren't real life," he says. "Yes, there are a lot of scary things going on right now, and they might affect you or someone you love, but they also might not. Seeing thoughts as distinct from necessary reality can be immensely helpful."

It can also help to reset your expectations. "If you accept that you might be stuck at home for months—which you very well might—you'll experience anything better as a gift," says Goldstein. "If you accept that your company might go out of business, you can put your creativity to work figuring out how to prevent it or deal with it, rather than getting stuck in inaction."

2. Practice gratitude

Research published by [Harvard Medical School](#) found that individuals who practice gratitude lead happier lives, are more optimistic, and have lower stress levels and better health overall. In the midst of challenging times, gratitude can be a game changer, says meditation expert [Shari Hembree](#), author of *Journey of the Lightworker*.

"When we take five minutes each morning to reflect upon the good things in our lives, we stay focused in the present moment," she says. "This also allows us to be in a better place and share our positive outlook and good feelings with others."

Hembree suggests taking a moment to be thankful for something good that exists in your life now, such as family and friends. Keep a gratitude journal. Say "thank you" to anyone who offers you help during the day. Show your appreciation to someone with a simple smile in acknowledgment or with praise. And write a thank-you note or email if someone shows you acts of kindness.

"By practicing gratitude, we feel good about ourselves," she says. "And, when we feel good, we are less stressed and our immune systems remain stronger."

3. Focus on your breath

Another habit to calm anxiety is to make sure you're breathing properly; when you're anxious, it's common to breathe too shallow or too rapidly, says Hembree.

"Fear has taken over and we could escalate into a 'flight-or-fight' response," she says. "From a physiology standpoint, the fastest way to stop our emotional response is to take five to 10 slow, even breaths. By pumping rich oxygen into our lungs, we become calmer and more able to refocus our thoughts to alleviate our fears. We can do this at any point during our day, and the benefits are immediate."

Hembree suggests adding breathing techniques throughout the day. One way is to close your eyes if possible and inhale deeply to the count of three to five seconds. Hold your breath for two to three seconds and then exhale to the same count.

"This technique originates in India where practitioners of yoga learned to inhale and exhale for an hour while practicing yoga poses," says Hembree. "The poses are less important, while maintaining a steady pattern of breathing is paramount."

4. Use positive self-talk

Having a positive mantra that's easily accessible can help you calm anxiety, says Richard Citrin, Ph.D., author of *[The Resilience Advantage](#)*.

"On my computer, I have a note that says, 'Be in the Moment,'" he says. "When I start to get caught up with the craziness—and there is a lot out there—that note reminds me that all I have is right here and now."

Citrin also suggests asking for affirmations. "We do not get enough positives in our lives," he says. "[Renowned positive psychologist] [Barbara Fredrickson's](#) research says we need three to five positives for every negative. Building the habit of asking a loved one or good friend about how you are doing can instantly change your thinking as others won't validate your negative thoughts."

5. Find ways to connect

Social distancing can feel lonely, but you can find ways to stay connected virtually, suggests stress management and research expert Eric First, M.D., cofounder and chief scientific officer of [R3SET](#) and Fellow of [The American Institute of Stress](#). "Even if you are home alone, no need to isolate," he says. "Now is a great time to reach out to those you have been meaning to connect with."

6. But also unplug

It can be tempting to keep the news on constantly, but that can feed your anxiety. Kelsey Patel, author of *[Burning Bright: Rituals, Reiki, and Self-Care to Heal Burnout, Anxiety, and Stress](#)* strongly recommend turning off the news by 8 p.m.

"Perhaps even turn your phone onto airplane mode at night so you can give your body permission to start unwinding and getting into a rest and repair mode," she says. "It's so important for the central nervous system to calm down and be able to receive restorative sleep."

Sleep is an immunity booster and the more people have the ability to sleep and rest well, the better their minds and energy levels will be for whatever the next day has in store, says Patel.

Use the time when you unplug to do those things you've had on your to-do list for a while, suggests First. "Get lost reading the latest fiction best seller, or finally organizing that closet," he says. "This helps shift your mindset back to the present away from the stress."

Beat the Coronavirus Blues with Gratitude

Gratitude helps in the toughest of times.

by Nathan A Heflick Ph.D.
Psychology Today, March 24, 2020

We are living in truly unusual times. To reduce risk to our physical health, we have to minimize the very thing that is essential to being human: social contact.

Globally, social media is awash with [fear](#), and government leaders are scrambling to enact measures to help prevent the spread of [COVID-19](#). Some estimates by health experts where I live (England) suggest that variants of social distancing and nationwide lockdowns could run until the end of the year. In these times, we need ways to help us cope effectively,

not only for our mental health, but also for our physical health. Stress is only going to weaken immune systems, and without social contact, stress levels tend to rise.

One line of research that might provide help in these fear laden, socially-isolated, times, is the power of gratitude to protect our mental health. The simple act of being grateful has been shown to have some powerful effects. In one study testing patients with recurrent breast cancer, it was found to help reduce fears of death and dying. In another study, university age participants who were randomly assigned to write about their gratitude daily over a two week period (compared to writing about your day or to neither) had more optimism, and even showed improved sleep and lower blood pressure.

In yet another study, mental health practitioners were randomly assigned to either write about their daily hassles, things they were grateful for, or neither. In the short term, the gratitude group showed the greatest reductions in stress and depression. After 3 months, these effects remained when compared to the control group.

Of course, these are extremely stressful times. We can all do our part to help stop the spread of the virus. It's important though that we while protecting our physical bodies we also take steps to protect our psychological well-being. Humans are, arguably above all else, social beings. We need other people; they shape our values, our morality, our self-worth, and the very sense that we matter and our meaningful. Without social contact, we risk the very foundation (social norms and reinforcement) by which we maintain beliefs, both in ourselves and others. Our cognitive structure relies on others being there to make sense of the world and ourselves, and our emotional structure relies on others to feel the emotions that are so essential to being human.

We can take simple steps to help maintain those social-psychological needs. One of these steps is to take stock of what we have to be thankful for.

Three Reasons to Practice Gratitude During the Coronavirus Crisis

By Linda Roszak Burton
Executive Coach at DRW, Inc.

Last year I published Gratitude Heals – A Journal for Inspiration and Guidance, never imagining that the current COVID-19 pandemic would call on all of us to take on a global healing response.

In the weeks ahead, I encourage you to find a mindful moment each day and reflect on something or someone good in your life. As you do, you will begin to access the health and well-being benefits associated with practicing gratitude.
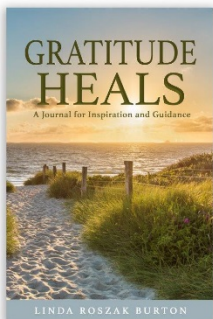
Here are three good reasons to practice gratitude to support you in dealing with the stress and anxiety over COVID 19 and help you find moments of calm and positivity.

Watch the video on YouTube

Reason # 1 Neurochemical Response When expressing and receiving gratitude, we inhibit the stress hormone, Cortisol. And who isn't stressed these days? Practicing gratitude releases good neurochemicals of dopamine and serotonin, which inhibits Cortisol and also blocks toxic emotions such as anger, fear, and envy.

Reason # 2 Greater Prosociality Gratitude has been shown to create more pro-social behaviors. Whether you're working remotely or going into work, there's good reason to start each meeting or huddle by expressing gratitude to each other for the efforts to get the job done, especially under these difficult and trying times. This is a great way to remind yourself of how grateful you are for the relationships you have in your life. Building a habit of expressing gratitude on a continual basis builds and strengthens these relationships, particularly important during times of crisis.

Reason # 3 Accentuates the Positive Gratitude broadens your awareness of positive thoughts and emotions, helping to reduce feelings of anxiety and apprehension. With the brain's built-in negativity bias, practicing gratitude helps minimize the fight, flight, fear response of the brain. Research informs us that a commitment to the "practice" creates greater resilience, your ability to find purpose in whatever's happening and be better prepared for the inevitable setbacks that occur.

Here are a few practice techniques to consider:
- Gratitude journaling or visual journaling.
- Write a letter of gratitude to someone special and read it to them.
- Send handwritten thank-you notes to your coworkers. Express gratitude for the benefits and meaningfulness they bring to your life.
- Reflect on **Three Good Things** that happened during the day.
- Place visual reminders of people and places that have a special meaning.
- Hold virtual gratitude sessions.
- Practice self-gratitude. Reflect on how you are positively handling this crisis. List personal strengths that are helping you and those close to you cope.

The effects of practicing gratitude aren't immediate, and yet, once started and sustained, the health and well-being benefits begin to present themselves.

I hope this message can bring you some form of healing during this time of uncertainty. Gratitude truly Heals. The challenges of COVID 19 are significant, and we must all adhere to the recommendations and requirements to help "flatten the curve" and save lives.