

## Gratitude Jar (or Journal)



Recently I had a heart attack and now go to Cardiac Rehab. One of the things science has shown for reversal of disease (heart, cancer, Alzheimer, diabetes) is that there are 4 key elements to getting healthy. Of course we all know the obvious ones -- diet and exercise. But they've proven that equally important to that is love and relaxation/stress reduction. One of our assignments was to start a gratitude jar. This is simple, but has been life changing for myself and folks in my group.

Once, in the morning, or before you go to bed, think of what you are grateful for. Sometimes I'm grateful for things that I have experienced from others and other times, I'm grateful for the little things, like the green snake I saw sunning itself on my step this morning. But the simple act of writing it down on a slip of paper and putting it in a jar (an old mason recycled jar in my case), makes me start noticing all the things I can be grateful for that day. It makes me more open and appreciative. It has begun to shift my attitude when things feel really hard and tough! If I'm down, I pull a couple notes out of the jar and read them.

Sharing with others is fun too. I've begun to tell people how much I appreciate them more. And in turn, they begin to share their appreciations as well. Also, it's a great activity to do with families.

Its lots of fun. Try it!

Once a year, read all the notes aloud or pass around the table to read to each other. Share with others.

Peace, Power & Love

Linda