



THE GET READY PROJECT

Gratitude Meditation

Gratitude is another practice that has come into greater focus in the field of wellness and self-care. Studies on gratitude meditation have shown a variety of positive outcomes, including increased gratitude, increased feelings of well-being, decreased depression, improved sleep, and more! Gratitude meditations simply encourage us to notice all in our lives that we have to be thankful for, people, items, experiences. As we build this practice, we may even consider extending our gratitude to people, or situations that we don't always consider to be positive in our lives, perhaps recognizing and being grateful for the way our challenges have provided opportunities for us to learn and grow.

Gratitude meditations can take all different forms, and can be completed at any time in the day. Many people like to begin or end the day with a gratitude meditation. You may already practice saying thank you, or grace before a meal- this is a gratitude meditation too! Below is a simple and open ended gratitude meditation to try if you'd like to infuse more gratitude into your day.

Gratitude Meditation:

- Establish a comfortable seated posture, sit tall with shoulders relaxed.
- Get quiet and close your eyes
- Turn your attention inwards and begin to focus on your breath..
- With each breath repeat the mantra *thank you*
- As you inhale and exhale, allow the mantra to resonate through your body and breath, allowing yourself to feel thankful from your head to your toes.
- As other distractions come into your mind, acknowledge them, see if you can thank them, and release them, returning your thoughts to your mantra.
- Don't get discouraged if you find you're being inundated by distracting thoughts, this is a normal part of the process.
- Close your meditation with three deep breaths, open your eyes and carry on with your day

For a guided gratitude meditation check out:

Deepak Chopra on Youtube <https://www.youtube.com/watch?v=KSM6hVkyhls>

Elizabeth Blaikie on Fragrant Heart

<https://www.fragrantheart.com/cms/free-audio-meditations/love/gratitude>

Sources:

Selva, Joaquin. "Gratitude Meditation: A Simple but Powerful Happiness Intervention"