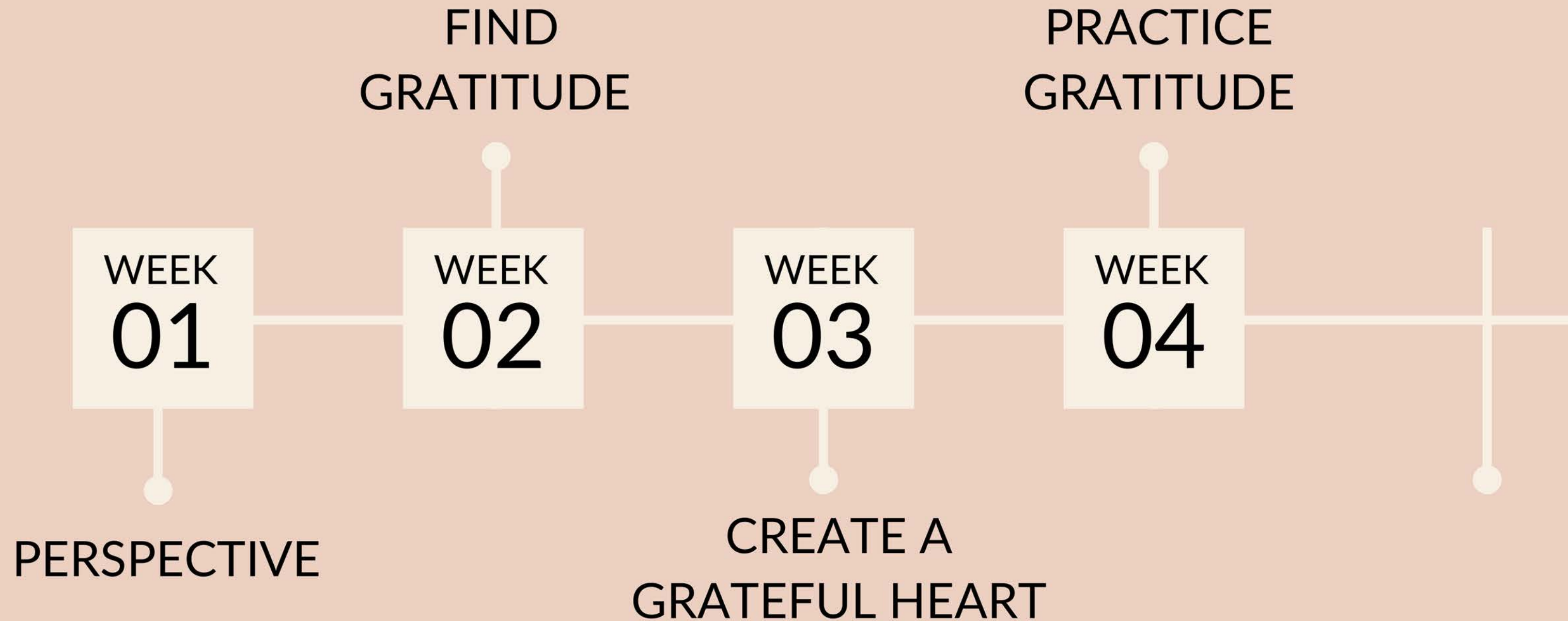


A minimalist bedroom interior featuring a white bed with a thick, cream-colored knitted blanket and several white pillows. A small potted plant sits on a white side table. A hanging lamp with a wooden block and a warm-toned bulb is positioned above the bed. To the right, sheer white curtains with a subtle dot pattern hang over a window. In the foreground, a white ceramic tray holds a mug and a glass, and a small white object is visible on the floor. The overall aesthetic is clean, bright, and cozy.

Gratitude week 4

Timeline





Rate Yourself

On a scale of 0-10, how grateful are you right now?

0 = ungrateful, resentful

3 = mostly ungrateful

5 = neutral

7 = mostly grateful

10 = completely grateful

I learned a long time ago,
the wisest thing
I can do
is be on my own side.

- Maya Angelou



I am grateful that today

I am able to...

Put your answer in the chat.



Integrate
Gratitude
into Everyday



Gratitude

- Quality of being thankful.
- Readiness to show appreciation.
- Ready to give and return kindness.
 - Pro-social.
- Relationship-strengthening.



Gratitude starts in our head!

1. *Affirmation*

(something is good)

2. *Recognition*

(of self and others)

3. *Connections*

(share with others)



Gratitude starts with our thoughts

1. Circumstance
2. Thought
3. Feeling
4. Action
5. Outcome



Psychological Benefits

Positive emotions and thoughts

More aware and awake

Increased self-satisfaction

Enhanced mood

(Chowdhury, 2019)



Health Benefits

Stronger immune system
Less body pains and aches
Optimum blood pressure
and cardiac functioning
Better sleep-wake cycles



Relationship Benefits


Better communication

More empathy

Stronger interpersonal relationships

More likability among group members

More involvement as a team member



Gratitude Doubts



Cultivating our Emotions

- Is it artificial to "choose" how I feel?
- Shouldn't I just feel how I feel?
- Am I faking it when I practice emotions?



Is it artificial to "choose" how I feel?

- We already choose how we feel each day.
- Feelings come from the thoughts we select.
- Keep thinking the same thoughts, keep getting the same feelings.



Shouldn't I just feel how I feel?

- Yes and no.
- Your feelings are a valid reflection of your thoughts.
- Thoughts are not true.
- If you like how you feel, zero need to change your thoughts.
- Want to feel better? Practice thinking better quality thoughts.



Am I faking it when I practice emotions?

- Everything requires practice.
- You learned current thoughts and feelings by practicing them.
- Instead of "Fake it 'til you make it," try "Practice it until you believe it."

Previous Class

Building an emotional
connection to gratitude &
creating a grateful heart.

This Class

Strengthening relationships.



What responses did you get from the
gratitude texts or interviews?

Put your answer in the chat.



Practicing Gratitude



Looking for and Naming our Gratitude

- You already demonstrate lots of gratitude!
- You can increase your gratitude just by naming it throughout the day.
- Look for gratitude in all your actions this week.



Gratitude for Ourselves

- Nutritious food
- Good sleep
- Exercise
- Nature
- Mindfulness
- Dress in clothes/colors we love
- Care for our surroundings
- Care for our body
- Surround ourselves with quality relationships



Gratitude to Other People

- Send gratitude texts
- Cards or letters
- Three Good Things App
- Talk about gratitude
- Smile
- Say "Thank You"
- Let someone merge into traffic
- Looking for opportunities to be kind



Gratitude to Our Communities

- Meet your neighbors
- Donate to a cause you support
- Vote
- Volunteer
- Build mutually beneficial community relationships
- Learn about different races and cultures, ask questions, be curious
- Take action on social justice

Guided Imagery:
All the Lives You have
Touched







How do you want
to be
remembered?

What lives did you touch?
Who benefitted from knowing
you?

Write - 5 minutes



Note your "before" and "after" scores for
gratitude.

Put your answers in the chat.



Making Change

www.Arttherapycentersf.com

Committed Action

- Commitment of 1% of each day this month
- 20 minutes a day
- Are you, others, and your community important enough for you to set aside time for conscious change?

YES!



Homework Example

www.Arttherapycentersf.com



Your Inspired Action

20 minutes a day will give you more than enough time to complete tasks this week.

1

**It's up
to
You**

2

**Expanding your
Reach**

3

**Looking
Ahead**

4

**Creative
Expression
& Reflection**



It's up to you

- Identify an area where you want more ease in your life.
- Brainstorm a list of ways you can show gratitude for that area where you might be struggling.
- Complete one action each day for a week and evaluate your thoughts on the matter.

Three lit candles in glass holders on a marble surface. The candles are in clear glass holders with a faceted design. They are lit, and the flames are visible. The background is a plain, light-colored wall.

Expanding Your Reach

- You know how gratitude helps you be happy and it makes people around you happy.
- Find ways to express gratitude to people you don't know.
- Brainstorm how you want to feel and what you can do in various situations.

A still life image on the left side of the slide. It features a stack of several books with light-colored spines. On top of the books sits a glass hourglass with a small amount of brown sand in the bottom bulb. To the right of the hourglass is a small, round, off-white ceramic candle holder with a single candle inside. The background is a light, textured wall.

Reflection: Looking Ahead

- Imagine if you woke up tomorrow and everything was different.
- The only things remaining are the things for which you were grateful for today.
- How would your life be different?



Art & Reflection

- Create a piece of art using lines, shapes and colors about gratitude.
- Show how gratitude has changed your attitude towards stress management and changed your connection to others
- Reflect on what you learned.
- Appreciate your strengths and celebrate.
- Avoid judgement.



What will you remember about the
Gratitude Workshop?

Put your answer in the chat

What To Do Next



Review

Review your writing and art from last week.



Make the commitment

Schedule 20 minutes a day & write on your planner.



Week 4

Read and complete Week 4 exercises.

Thank you!

