



ARA NEWS



August 2023

Welcome to August! This month's focus will be on Gratitude. What is gratitude you may ask? Gratitude is the act of being thankful and the readiness to show appreciation for and to return kindness. Practicing gratitude is not only good for you, but to also show the people around you kindness and appreciation.

THANK YOU
😊

4 WAYS TO TRAIN YOUR BRAIN TO BE MORE GRACIOUS

- 1 Take time to notice your surroundings
- 2 Practice Gratitude for the small things
- 3 Share your Gratitude with your loved ones
- 4 Spread Gratitude Wherever you can

"LIFE IS A SERIES OF THOUSANDS OF TINY LITTLE MISCALLES. NOTICE THEM"

Gratitude

SCIENTIFICALLY PROVEN BENEFITS OF PRACTICING GRATITUDE

Gratitude opens the door to more relationships

Gratitude improves physical health

Gratitude improves psychological health

Gratitude enhances empathy and reduces aggression

Gratitude improves psychological health

Gratitude improves self-esteem

Gratitude increases mental strength

CHALLENGE!

This month I am adding in a "30-Day Gratitude Journal Challenge"

I have attached the prompts for the journal challenge.

To complete this challenge, you will need:

- * Journal, Note book, or Paper
- * Pen or Pencil
- * 30-Day Gratitude challenge sheet

BEING KIND CAN IMPROVE

YOUR WELLBEING BY:

Increasing self-esteem, empathy, compassion and improving mood

Creating positive social connection



HOW TO PRACTICE GRATITUDE

Keep a Gratitude Journal

Establish a daily practice in which you remind yourself of the gifts, grace, benefits and good things you enjoy.

Remember the Bad

To be grateful in your current state, it is helpful to remember the hard times you have once experienced.

Share your Gratitude with others

Expressing gratitude can strengthen relationships. So the next time a loved one or friend does something you appreciate, let them know

Go Through the Motions

Grateful motions include smiling, saying thank you, and writing letters of appreciation. By "going through the motions" you will trigger the emotion of gratitude more often



"We all have the ability and opportunity to cultivate gratitude, rather than complain about things you think you deserve, take a few moments to focus on all that you have. Developing an "attitude of gratitude" is one of the simplest ways to improve your satisfaction with life"