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Episode 5 : Practicing Gratitude

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Practicing Gratitude As a Way to Reframe Your Thinking

Hey y'all, Mandi here with episode 5 of the SAS podcast.

Today we're going to talk about how to use gratitude as a way to reframe our thinking.

Have you ever woken up in the morning and said to yourself "ugh, this day is gonna suck" or have you ever let something bad that happened at the start of your day impact how you feel or look at the rest of the day moving forward?

Like spilling coffee on yourself on the way to class or reading some news that is negatively impactful. This one event then creates an emotional domino effect, clouding your mood, disrupting productivity for the rest of the day, or even changing your relationships with friends and family.

The phenomenon of waking up on the wrong side of the bed is real. Our thoughts and experiences CAN impact the way we react to the world around us.

There is a way to reframe our thoughts when stuff like this happens. And it's done by using gratitude.

Thinking about what you're grateful for and openly acknowledging these things at the start of your day creates a small mental shift, sending positive vibes directly to your brain.

Whether **the conscious mind recognizes** it or not, it will allow you to make additional small shifts from negative to positive.

If you're interested in practicing gratitude, you can do it in a few simple ways.

Like, waking up in the morning and thinking about one or two things that you're grateful for in life. You could be grateful for the fact that the sun is shining or that you have a best friend to talk to.

Focus on that thing and say it out loud, or say it to yourself when you're getting ready to start your day.

Keep track of the things you are grateful for in a journal, refer to it when you start to think negatively.

Tell someone you love them, pay attention to the feeling of the sun on your face, and think about what IS good in the world even when bad things happen.

Practicing gratitude is a small way to help you get through the day, week, or upcoming months.

It might not seem like a lot, but even little things can count and help reframe your thinking when something bad happens.

In closing, What can you be grateful for today?

Thanks for listening. As always, SAS is here to help.