

Thankfulness Takes Discipline

Over the next couple of months, we will have opportunities to feast with our family and friends. It's a time of gatherings, excitement, good cheer and thinking about the many things that we have to be thankful for and to celebrate. But the holidays can also be a time of stress and high-drama.

If you are upset, hurt or grieving at this time, thankfulness is not likely to be a natural disposition. It's especially challenging when you are feeling sorry for yourself, complaining or focused on what you think you should get, instead of all that you already have. It takes effort to remind ourselves and pay attention to the reasons we have to be thankful. Do we see each day as a gift? Do we view our work as gainful employment? Do we treat our family with kindness?

How do we make this Thanksgiving Holiday have more meaning in our lives? Make an effort to do something nice for a family member. Pay a compliment to a co-worker, and show compassion to someone who is struggling with grief. It doesn't have to be anything that costs money, and it can be just taking the time to focus on someone.

Thankfulness is a pattern of actions and thoughts that builds motivation to give thanks. How challenging is it to focus on what you have to be grateful for? If you find it difficult to move beyond the stress and high drama, contact EASE at **800/882-1341** to schedule an appointment to meet with a professional.



“Strength is the courage...to reach out!”