



86th Airlift Wing

INTEGRATED RESILIENCE OFFICE

GRIT 365

The Power of Gratitude

JUNE 2020

GOAL

A community where we increase mental resilience through practicing gratitude.

THE WARM UP:

1. Watch this video: 365 Grateful Project – Hailey Bartholomew - TEDxQUT

<https://youtu.be/zaufonUBjoQ>

2. Read this article about ways to build resilience by practicing gratitude:

<https://advice.shinetext.com/articles/the-simple-way-gratitude-helps-us-build-resilience/>



May is
Mental Health
Awareness Month

THE EXTRA MILE:

Practicing gratitude allows us the opportunity to slow down, reflect, and appreciate the positive things that take place around us each day. Review the Warm Up article again and select one of the strategies for practicing gratitude that might work for you.

THE PRACTICE

Have you ever heard someone say that you need to “take some time to smell the roses” or “you’d better appreciate this while you can”? Sadly, many of us hear these sentiments, yet rarely take a moment to absorb what is actually being said. The message behind the statement is one to - Take some time. Reflect. Slow down. Be thankful. Be present. Be grateful. When was the last time that we took a moment to truly be grateful or appreciative? In this current culture of physical distancing, quarantine, and uncertainty, many individuals may feel sad, unhappy, or depressed. Taking time to be grateful actually supports increased mood, reduced stress, and increased satisfaction in relationships. Whether it’s taking a moment to appreciate the sun on your face, the smile in your child’s eyes, or the efficiency of customer service you received at the grocery store, being grateful matters. Overall well-being can be increased simply by asking ourselves – am I taking the time to smell the roses in this moment?

DISCUSSION

POINTS

1. What does being grateful mean to you? Why is practicing gratitude important?
2. What are ways that you can practice gratitude?
3. How can you help generate gratitude in our community? What is one thing we can commit to doing regularly (daily, weekly, or monthly) to cultivate gratitude in our community?

NOTE
TO SELF:
BE GRATEFUL

THE CHALLENGE

Commit to practicing gratitude. Over the next week, take a moment to be grateful. Whether for 5 minutes or 30 minutes, set aside some time to reflect and focus on the small things. Reflect on those moments that brought a smile to your face or raised a new level of appreciation. Consider starting a gratitude journal or reaching out to a friend to talk about something you are grateful for, or discussing grateful moments over dinner with your family. Small steps of practicing gratitude help to create habits that build strength and increase resilience.



This guide is designed to expand the scope of the GRIT Check 6 with lifestyle topics that generate discussion and increase warrior capacity across the community, family, and individual lifespan.