



Counting our blessings can help us appreciate what we have and notice the beauty in the world around us. Research shows that intentionally thinking about we are blessed with helps us have a more optimistic outlook on life. We tend to feel happier, healthier, and more productive. It's not always easy to count our blessings. Thankfully, like any skill, the more we practice, the better we get. During difficult times, counting our blessings can help us refocus and see beyond the moment we are in. This can allow us to better handle our stress and find some enjoyment in our day.

Let's make it a habit to celebrate what is going right.

In this Wellness Wednesday, let's count our blessings.

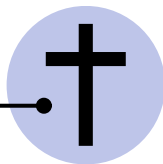
TRY THIS...

As a class, group, or family:

- Discuss what it means to "count your blessings" (i.e., be grateful for what we have, notice things that are going well for us, to appreciate the good things in our lives, etc.)
- Brainstorm things we can be thankful for such as people, pets, talents, abilities, belongings, food, homes, experiences, etc.
- Ask: "What blessings are in my life today?"
- Invite people to make an "appreciation list" - a list of things they are thankful for. After a few minutes, ask people to share some ideas. Sometimes hearing what others are thankful for can help us remember more things, so encourage everyone to add to their own lists.
- Take a moment to pray to God and thank for all the blessings in our lives. Starting with "Thank you God for...", invite each person to share one blessing with the group.
- End by encouraging everyone to try and be aware throughout the day of their blessings.

*adapted from SMHO's "Thank You God" activity.

CATHOLIC CONNECTION



"O give thanks to the Lord, for he is good; his steadfast love endures forever!" (Psalm 118:1)

"Let us go forward with the joy of Jesus' Resurrection, knowing He is always by our side!" (Pope Francis)

The transformative power of the Resurrection offers us hope, new life, and assurance that God is always with us. The hope and joy of Easter can fill our hearts and lives, now and always.

ASK YOURSELF...

- What are three blessings I can name today?
- How can the message of Easter transform my life?
- What is one way that I see God in my life?

FURTHER LEARNING



- ADULT BOOK: "The Gratitude Project: How the Science of Thankfulness Can Rewire Our Brains for Resilience, Optimism, and the Greater Good" edited by Jeremy Adam Smith, Kira M. Newman, Jason Marsh and Dacher Keltner
- EDUCATOR ARTICLE: "Promoting Gratitude In Your Classroom"
- CHILDREN'S BOOK: "My Heart Fills With Happiness" by Monique Gray Smith and Julie Flett (read aloud)
- EDUCATOR RESOURCE: SMHO Gratitude Choice Board

