



## **Daily Gratitude for Mamas**

*The power of gratitude has been documented by many researchers. For busy moms it can be hard to find time to regularly practice gratitude, yet it can make a difference in our level of happiness. By acknowledging and expressing our gratitude towards others, we become more aware of the good things in our lives at this present time, we gain perspective, and we connect in a positive way with others. Consider the exercise below to find and share a moment of gratitude on a daily basis.*

### **Gratitude Exercise:**

*Try to find at least one time in the morning each day (during your shower, drive, or when you are pumping gas or picking up toys) to **reflect on something or someone you are grateful for**. Perhaps you are grateful for someone's recent help, or for certain resources you have.*

*Then, in the afternoon or evening, **make your gratitude public**. Tell the person you were thinking of how grateful you are for them, or use social media to post how grateful you feel about someone or something in your life.*

*By reflecting on your own gratitude and then sharing it with others, you will be more in tune with the positive things in your life, and your words will also touch the lives of someone else. Gratitude can be contagious!*

*Here are some possible things you might tell someone:*

***"Mom, I just want you to know I've been thinking about how grateful I am for the attention you give our kids and the way you make time to see them when you can."***

***"Hon, I'm really grateful that you helped me out with the kids yesterday when I was getting stressed at bath time."***

***"[Friend], thanks for reminding me that I'm doing a good job as a parent."***

*Here are some possible things you might post on social media:*

***"I feel grateful for quality childcare/schooling for my kids. Many thanks to my center/school!"***

***"I feel lucky to have good friends when times get challenging...we're all in this together!"***

***"Even though it is such hard work, today I'm feeling really grateful to be a mom."***