Options for Resolutions: Staying Grateful in the Midst of Negativity

1. Practice recognizing what you have to be grateful for – Write down how you are feeling at that moment (be truthful even when you aren’t feeling particularly happy or grateful) and one thing you are grateful for each day.

2. Smile at a stranger at least once each day with the goal of getting a smile back.

3. Acknowledge and validate one negative statement you encounter each day. Ex. Your daughter starts complaining about all the homework she has. Your acknowledgment/validation: “It’s hard to do homework when you come home from school. Everyone wants a break after working hard all day.”

4. Google “Coping with Negative Relationships” or “How to stay grateful” or borrow an EAP library book. Read one article, one book chapter, one piece of information from Gretchen’s website, or one quote each day on this topic.

5. Try meditation – commit to meditating on the mantra “I am grateful for (fill in your choice here – the sunshine, a roof over my head, my family, etc.)” for 10 minutes each day this week.