

Gratitude journal

There's good evidence that practising gratitude makes us happier. This practice can be particularly useful if you notice yourself swept up in bitter or resentful thoughts. Focussing on anything at all that we can be grateful for can change our mood for the better and reduce overall stress levels.

Try keeping a Gratitude Journal, You could use your Penny Brohn journal. Each day before you go to bed, bring to mind three things you're grateful for. Keep them real. Especially when things are tough, look for small things "I'm grateful I was able to get out of bed today", "I'm grateful for that cup of tea". Be as specific as you can. "I'm grateful for the hug my son gave me" has a greater impact than "I'm grateful for my son". Being detailed and specific helps take you back to the moment, and to re-experience the particular feeling of comfort or wellbeing or happiness you experienced.