At the Heart of Wellness

November 2018

Message from Maria

Gratitude

What are you grateful for today? Did you struggle to identify one thing? Did you think of 2 or 3 things and then struggled to think of more? Or did a list of things you are grateful for come to mind with ease? Research shows that gratitude is strongly associated with greater happiness and helps people feel more positive, enjoy experiences, cope with adversity and even improve their health.

The month of November kicks off the holiday season often with high expectations for good times with family, festivities, preparing for the giving season and all things cozy and bright. Unfortunately, what many think of as a time of joy and happiness is seen by others as being shadowed by sadness, anxiety, or depression.

For many people, finding gratitude and in turn finding happiness can be accomplished simply by changing the way we think. By choosing to focus on being thankful for the things we have, whether tangible or intangible, we are choosing to be thankful for and acknowledge all the good in our lives.

But for those of us who suffer from substance use and mental health disorders, finding gratitude can be a challenge. Though gratitude is a key component of recovery, those suffering from substance use and mental health disorders often focus on the bad in their lives, the people they have hurt or the people who have hurt them. Many focus on the things they have lost, be it tangible items like houses, cars, jobs or relationships, self-worth and happiness.

“Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will
Meister Eckart said; “If the only prayer you ever say in your entire life is ‘thank you,’ it will be enough.”

So, I’m going to take a lesson from that mystic and keep my message very simple this month. From the bottom of my grateful heart – thank you.

My very best to you and your families for a safe, healthy and joyful holiday season.

Maria

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Your donation will directly support our prevention, recovery and community programs and help us provide clients with the support they need—regardless of their ability to pay. Click here to donate today!

When they begin to identify the positive things in their lives, no matter how small and seemingly insignificant, they begin to train their brains to think differently. One of the best ways to start retraining your brain is to begin writing a list of things you are thankful for. Ask yourself questions like: what’s great about my life today, what’s one kind or thoughtful thing someone did for me recently, what made me laugh or smile today? Then every day begin to write down at least three things that you are grateful for.

At McCall we are grateful for our staff, our clients and our community. See, that was easy, we’ve been practicing all month! We invite you to try making gratefulness part of your day, every day, for the month of December. We can almost guarantee that by January you will be feeling a bit more positive, healthy and happy! Join in the fun with us and share what you are grateful for on our Facebook, Instagram or Twitter page.