

## DEPARTMENT OF PEDIATRICS

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### Gratitude in a Crisis

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A list of all the things that are wrong right now would extend beyond this page. Bad news consumes our news outlets, our social media platforms, and many of our conversations. Where is there space for anything else? And yet, it is during these extraordinarily tough times that we must make room for paying attention to what is good. Practicing gratitude has been shown to improve mood, coping behaviors, and even physical symptoms ([Emmons & McCullough](#)).

#### **Five Ways to Cultivate Gratitude During a Time of Crisis:**

1. Focus on today and the simple things: Hot coffee, clean water, soft bed...
2. Consider saying “Thank You”: the UPS delivery person, store clerk; a former coach, mentor, or friend
3. Three good things: make a habit of naming 3 good things each day. Consider keeping a gratitude journal.
4. Help others in need: in any way you can. It benefits the giver and the receiver.
5. Reframe negative thoughts into affirmations: “I can do this.” Think of a previous challenging time and consider what you gained from that experience.