

Gratitude Workshop

"When we focus on our gratitude the tide of disappointment goes out and the tide of love rushes in."
- Kristin Armstrong

Communities of Wellbeing had another great session on July 6th, this time our focus was on wellbeing through the lens of Gratitude. Natalia brilliantly led us in a meditation to focus us firstly on our breathing and then a person we were grateful for. This then led into time to write a gratitude letter - the action and important step in showing our gratitude and receiving the lasting positive emotion that comes with the intentional practice.

We then heard from Ros and Edwina about the science of gratitude and its importance in creating wellbeing, happiness and life satisfaction. It is the greatest of all virtues and one we can work on, benefit from and easily share with others. Ros spoke of the third wave of gratitude research which is focusing more on the neuroscience, brain activation and change that comes from consistent practice. It was inspiring and will hopefully help us become more motivated in creating our own daily gratitude practice.

Next the group spent time "action planning" their gratitude practice for the month of July and exploring several gratitude practices including: Awe walks, Finding the Silver Linings, Random Acts of Kindness, Self-compassion, Gratitude journals and Active listening. All practices that will produce more positive emotion and sustain our wellbeing. A big thanks to the Greater Good Science Centre for their resource of "Science-based practices for creating a meaningful life."

To finish the evening we brainstormed in our groups about how we could bring more gratitude to our community and the Communities of Wellbeing executive will now work through these ideas and the votes to work out which ones we will dedicate resource to, to bring to life.

A big thanks to our facilitators, Natalia, Ros and Edwina for leading the night and if anyone is interested in finding out more about gratitude practice or engaging in writing your own journal, we have journals available. Please organise a time to meet with us and we will be happy to share with you.

For information about gratitude practice please contact Edwina:
Edwina.ricci@education.vic.gov.au

Please join us next month - August 3rd 5.30-7.30pm
for wellbeing through the lens of Respect. Level 2 of REALM.

Communities of Wellbeing Inc.



Workshop Outcomes/Ideas:

- Gratitude letters
- Street library
- Food pantry drives
- Language of gratitude - personal
- Gratitude Wall - REALM (3 stars)
- Gratitude Tree at REALM (5 stars) - hang a note of gratitude from the tree
- Messages on Town Square screen - 'Prompting Questions' - #grateful4 (1 star)
- Christmas - Free gratitude decorations - price tag = message of gratitude
- Tree of hopes, wishes, prayers - write and tie to tree
- Gratitude Wall for employees - leave notes acknowledging others (1 star)
- Gratitude notes in street libraries or community pantry
- Regenerate COW group on Sharetree (1 star)
- Introduce gratitude sharing to Foothills Foundation Board meetings
- Thank someone each day ie: crossing supervisors, bus drivers, cleaners (3 stars)
- Gratitude path in chalk ie: footpath (3 stars)
- Community events, collaborative effort to encourage the public to participate and get involved giving back to the community, bringing out their joy and gratitude. (1 star)
- Organise litter-gathering events/sessions
- Say "good morning" to everyone you pass on your walk (2 stars)
- Graffiti wall for young artists (2 stars)
- Activate awareness of gratitude in community - billboards and posters (5 stars)
- More gratitude for Nelson St - mindfulness
- Tree of gratefulness (1 star)
- Flash mob - free hugs, acts of kindness (2 stars)
- Gratitude notes/posters on toilet doors - eastland (2 stars)
- Rubbish out for neighbour (2 stars)
- The local paper has a contribution page with 'positive finds' and positive experiences. A weekly section STAR Lilydale (2 stars)
- Start a gratitude wall in my complex (3 stars)
- Join "buy nothing" on Facebook. (Local gifting network in your neighbourhood) (1 star)
- Express gratitude for my neighbourhood group (within the group) (1 star)
- Positive message boxes in libraries, neighbourhood houses, sporting clubs. To contribute into or to lift one out of. (3 stars)
- Facebook "The Kindness pandemic" people writing about acts of kindness given and expressed. Have "good news" in media. (1 star)