

## Nurturing an Attitude of Gratitude by Rosario Zavala, MSW, LCSW, CEAP

As many of us transition to working remotely and spending more time with our loved ones here is a practice that will help you nurture a positive mindset during these trying times. Try the "5-3-2 plan" from Dr. Amit Sood, Mayo Clinic professor of medicine and author of *The Mayo Clinic Handbook for Happiness*, to start your day in a favorable and grateful fashion.

Let your first thoughts, as you wake up in the morning, be of gratitude for **5 people** you are most thankful to have in your life. Picture them in your mind's eye. Relish their presence in your life. You can engage in this practice at other times of the day when you need a lift.

For the first **3 minutes** you meet your partner and/or family, greet them like a long-lost friend. See and enjoy them as they are. Resist the desire to change, improve or judge them. Do this when you encounter your co-workers and friends as well.

As you go through your day and you encounter others, spend **2 seconds** in sending them a silent "I wish you well" message. Do this throughout your day whenever you feel safe and at ease.

Consistent use of this practice will help you to improve your outlook and will enrich the quality of your relationships with others over time.