



## **Beth Anderson - Head Boarder**

Being grateful in uncertain times

Being grateful is an important thing to do, it is also important that you cherish moments and be grateful for what you have got when you have it. Living your life with gratitude means that you choose to focus your time and attention on what you appreciate. These don't have to be huge things they can be things such as, watching the sunset, being able to cook your family dinner or even just going out for a run. Being a teenager, we often think of the difficulties and the negatives that come with it but if you choose to, you approach those difficulties from a different perspective. Appreciation soothes our turbulent minds by connecting us with the wonderfully ordinary things, great and small, that we might otherwise take for granted.

Here are some simple and easy gratitude tips that you can try starting right now:

- Say “thank you!” Who doesn’t want to be appreciated for their efforts? Saying thanks is a kind gesture to let someone know that you are thankful for their help. For example, going to the supermarket and saying “thankyou” to the man giving you hand sanitiser and to the checkout ladies makes you feel good.
- Remember what you appreciate most. When you’re feeling low, take a moment and write down some things that spark gratitude in you, like: having a full basket of toilet paper, being able to spend time with family and being grateful we are still able to learn and carry on with our education. Another tip I have here is to make a gratitude journal where you write 3 things you are grateful for each night. It's also a bit of mindfulness at bedtime as well.
- Be a volunteer, get involved.

For many people, the key to having more gratitude is to give back to others in their local community. Not only does thinking make you feel good about yourself but it also has been shown in studies that volunteering for the purpose of helping others increases our own well-being, and thus our ability to have more gratitude. During lockdown it has been driving me crazy that I haven't been able to leave my house. An opportunity came up to join the SVA (Student Volunteer Army) where I am able to deliver groceries to those in need and I must say it is a very rewarding job!

So remember, live in the now, take a breather and be grateful. It would not be a last word without the good old St Hilda's tradition of leaving you with a quote:

"Gratitude is an essential part of being present. When you go deeply into the present, gratitude arises spontaneously." -Eckhart Tolle