

What are you grateful for this holiday season? Gratitude is nothing more than living life as one big thank you. The holidays are upon us and this time of year provides us with an opportunity to examine our life and ask “what am I grateful for?” Gratitude doesn’t make problems magically disappear, however it can help us cope with the concerns in our life.

So each day through Christmas think of something you are grateful for. It can be something simple, it can be someone in your life or it can be an experience. When you are beginning to feel stressed breathe and think of something you are grateful for.