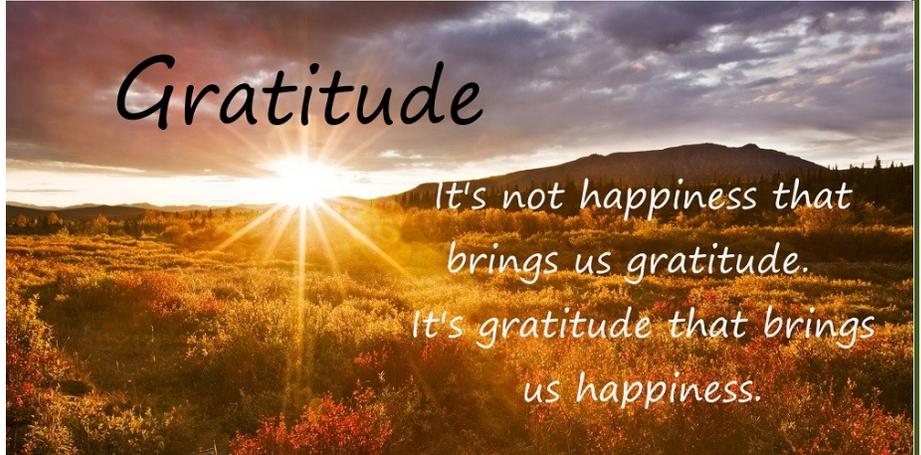


安

# How Gratitude Helps Heal

EZen Blog by Holly Potter, L.E., L.M.T.

With the month of February being all about capturing the feeling of love (and I don't necessarily mean romantic love), what better time than to write about gratitude? With the climate of unease we have been witnessing on both national and global levels, I want to give everyone a reminder that in this moment, gratitude and happiness starts with us, one person at a time. How cool is that, that at any given moment, we can easily shift our thoughts to ones of gratitude! Today, we will discuss some ways to help you embrace gratitude, as well as how it makes you happier (and healthier!) Positive changes DO start with us, one person at a time.



What do you love in your life right now? (As I write this, I'm watching my sweet little cat play...so grateful for her!) A beautiful home? A kind supportive family? A cherished friendship? Take a moment each and every day to take stock of what you are grateful for. "I have gratitude for \_\_\_\_\_." (fill in the blank.) The importance is to really look at what you enjoy in life every single day.

Walk a mile in someone else's shoes. Sometimes it helps to look through a different lens. Is your normally favorite restaurant taking forever to serve you? Did a meeting or appointment get messed up and set the tone for the rest of the day? While feeling upset or annoyed is a perfectly natural response (I'm not saying to "stuff" the way you feel), take a minute to turn it around. Is your server feeling the stress of an extremely busy shift? Is your boss or co-worker sick? 99% of the time, there is validity to why these things happen, and 99% of the time, you can turn the way you feel around! This, by the way is also a great mindfulness practice. I guarantee once you shift your perspective, you'll start to feel much better about the situation at hand!

Reach out to an old friend. Is there a friend that you hold dear to you that you haven't connected with in a long time? Send a friendly text, email, or give them a phone call! They'll be happy that you took the time to think of them, and so will you. The act of giving really helps to boost the self-esteem! The connection that you've re-established will help you both.



Learn from past negative experiences. Ok, we know that life isn't always a bed of roses. However, what are you able to learn from a negative experience? What has it taught you? While it may not feel good as you're going through it, did it make you more resilient? Did you learn lessons in perseverance? If a situation is too much to bear, it's very important that you receive support, be it through therapy, a doctor, or trusted friend. Don't go it alone. The point here is to be willing to learn.

(Continues on Page 2)

安

## Gratitude Helps Heal (Continued)

EZen Blog by Holly Potter, L.E., L.M.T.

Fill yourself up. Every. Single. Day. This is of utmost importance, especially in today's world! On a personal level, this has at times been a tough one...(still learning!) Just as you would give to someone else, it is essential that you receive! What's one simple thing that you enjoy doing for yourself? (For me it's being outside...I have lately been committing myself to getting at least 20-30 minutes of fresh air a day). Is it sitting in your favorite chair? Enjoying a cup of tea? We know that there are times where this can be challenging, but even if it's a kind thought about yourself, it's important to do something each and every day. Which leads me to our final tip...

Be kind to yourself! This is perhaps the most important of all! We've discussed being kind to others, however, it's your relationship with yourself that really matters. What have you done to be kind to yourself today? What did YOU do for someone today to make their world a better place? Reflect on that...and know that you are enough!



***"Be the light you wish to see." -Gandhi***

Holly Potter is the Owner of Everything Zen, and has been practicing massage therapy since 2008. She opened Everything Zen in 2009 with a vision to educate and empower people on their journey to holistic health. Holly is available by appointment Tuesday-Saturday, and can be reached via phone at 860-861-8978, or email at [everything.zenmassage@gmail.com](mailto:everything.zenmassage@gmail.com).

Everything Zen  
安

860-556-2914

Located at 495 Gold Star Highway, Ste. 320, Groton, CT  
[www.everythingzenmassage.com](http://www.everythingzenmassage.com)

For Better Health & Wellness!