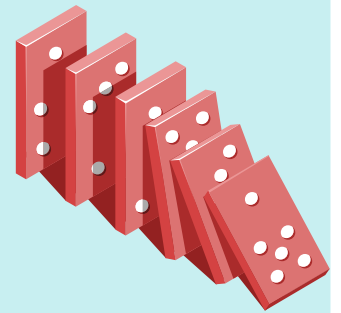


BLOOM WITH GRATITUDE, ONE DAY AT A TIME!

Imagine you're setting up a line of dominoes and each domino stands for a feeling of gratitude you have for something. And, when you experience a feeling of gratitude, it's like tipping over the first domino. When you knock down the first one, it makes it easier for the next one to fall, and then the next, and so on, starting a chain reaction of good feelings.



That one happy thought starts a chain reaction in your brain. The more you build it, the easier it is for those good thoughts to keep flowing. The more you do it, the easier it becomes for those thankful thoughts to keep flowing.

But what makes gratitude so powerful? Negative emotions often narrow our capacity for thought and action and make us impulsive and rigid. On the other hand, positive emotions like gratitude broaden this capacity which allows us to learn, grow and respond flexibly to situations

So today, let's take a moment to experience that calming feeling of gratitude spread through your body and fill you with warmth!

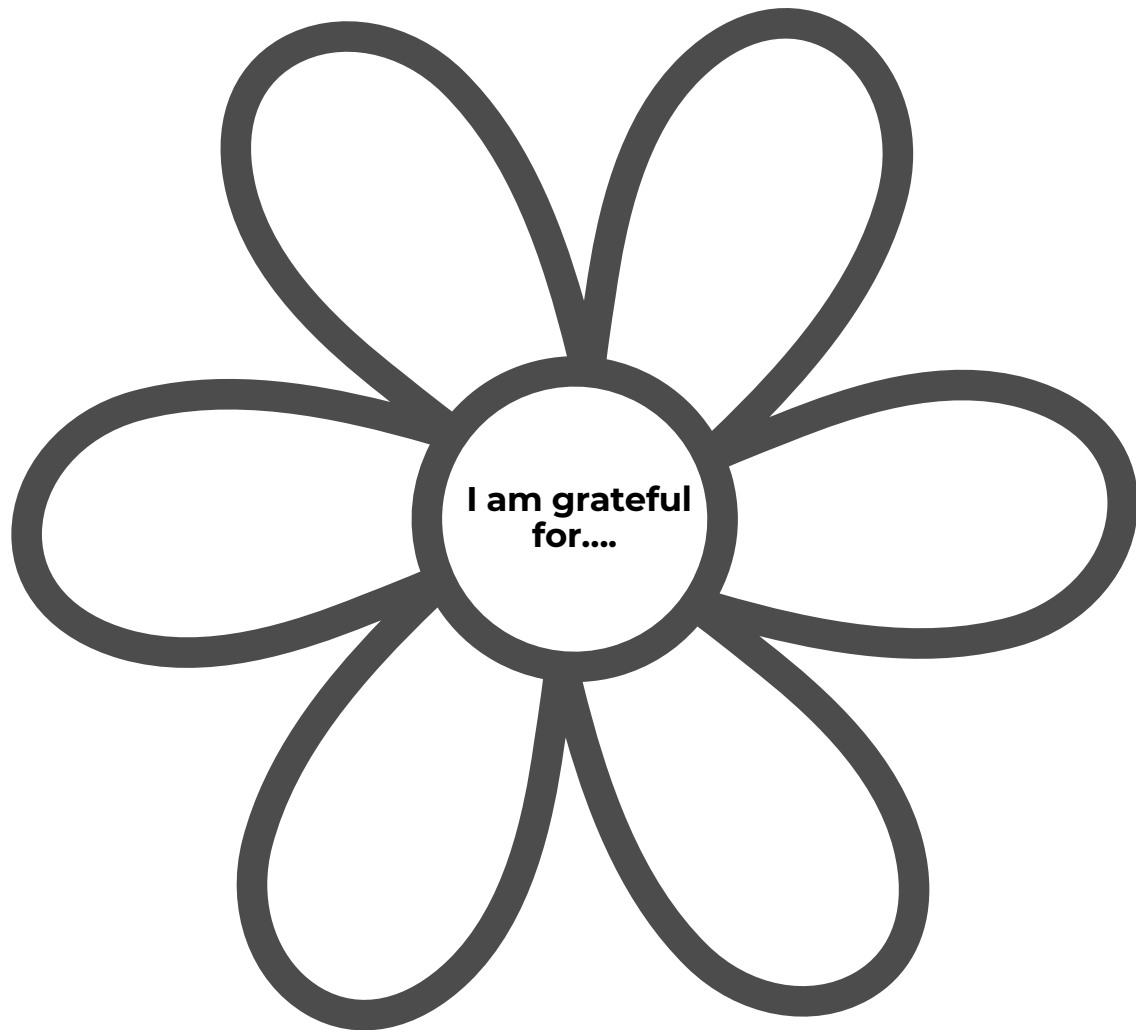
Let's begin!



In the flower below, write down one thing that you're grateful for, in each petal. You could write a place, a person, a quality, or anything that you feel deeply thankful for.

You may assign a colour for specific things you're grateful for. *For example, you can use yellow for the petals with names of the people, blue for places, and green for personal qualities.*

Feel free to add more petals to your flower of gratitude and allow yourself to feel that sense of thankfulness.



As you filled each petal with things you're grateful for, you started a lovely chain reaction of positivity. Remember, gratitude isn't just a one-time thing; it's a practice that can keep growing and blooming in your life. Feel free to revisit your gratitude flower whenever you need a boost of positivity.

If you, or someone you know is looking to seek professional help, reach out to us at **The Mood Space** <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.

