



Finding your happy self again...

At some point everyone experiences days which feel like they've got black clouds overhead and the outlook is gloomy. On those days it can feel like you'll never be happy again, that there's no hope and solutions seem far, far away. It's vital to have some strategies up your sleeve for when the doldrums descend, so that you can climb your way out. Teach and model these skills to your children too. So let's talk about the biggest happy switch off all, one that's guaranteed to give you a safety rope up to optimism any time you need it...

...Gratitude

Most people are acutely aware of how much attitude can effect how we behave and experience our world. If we go into a social event feeling grumpy, chances are we will have unpleasant experiences, people will seem really irritating and things just 'go wrong'. Attitude is huge and contagious.

Gratitude is an attitude that can transform experiences for the better. Cultivating a habit of gratitude, even on those bleak days, can be an amazing buffer that prevents getting too low for too long. On the good days, it enriches all your relationships. Remember the last time someone thanked you for something or gave you a heartfelt expression of appreciation? How did that impact your connection with them? Gratitude builds strong bonds of love and support.

Starting a daily practice

Begin or finish your day thinking of a handful of things for which you can be truly, in your heart of hearts, grateful. Say them in your mind and visualise them until you feel the warmth in your body. Do this every day for at least a week, particularly if you're having a hard week or month. The benefits will continue long after you stop the exercise.

Extend the practice by teaching it to your family too. At the dinner table pose the question, "What were your top handful of things you were grateful for today?" Some families find so much benefit from this exercise they introduce a gratitude jar to their house, into which people pop notes sharing what they're grateful for in that moment. The contents are read at special family meetings - a sure way to find your happy selves again.

Bare Hands is run by allied health professionals committed to helping women embrace positive change by providing access to practical education. To find out more give us a call, email us or visit www.barehands.com.au

©Bare Hands 2015

- ✓ We all experience low days from time to time, so it's important to have strategies to cope.
- ✓ Gratitude is the best attitude to cultivate for life-long happiness.
- ✓ Start a daily practice, thinking of a handful of things you can be genuinely grateful for every day for at least one week.

"People will forget what you said and what you did but they will always remember how you made them feel."

Maya Angelou

Roxy loves helping women develop emotional resilience so that they can enjoy fulfilling and contented relationships, which survive the ups and downs of life. Having experienced the challenges of being a single parent, juggling being a mum and a practitioner, building a business or two and overcoming anxiety and post-natal depression, she has a vast knowledge of how to minimise the struggle and use practical strategies that really work!



Roxy Lebsanft Co-founder Bare Hands, Mother, G.Dip, Couns, B.HSc, Cert.IV TAE, Strategic Psychotherapist

Bare Hands
Practical life strategies for women