



When happiness seems far off...

Low moods – feeling sad, anxious, worried or frustrated – can affect everyone. When a low mood takes over for too long, it can result in loved ones withdrawing, which becomes another reason to feel sad. One of the easiest ways out of a low mood is to practice gratitude. When the clouds start gathering overhead, take a deep breath and ask, “*What am I grateful for, right now?*” The answer may simply be, “*I’m thankful that I’ve recognised this mood early so I can manage it better.*” At first it may seem difficult, but it soon gets easier.

“I’ll be happy when...” versus “I’m grateful for...”

Indulging in thoughts like, “*I’ll be happy when... (I get more help, I get a promotion or when I finally get organised)*” is **wishful thinking**. This type of thinking is a common obstacle to feeling calm and content and can trigger feelings of sadness or frustration because, it **sets a condition on being happy and always puts it somewhere off in the future.**

In contrast, **developing a habit of gratitude** directs the focus to what is going right instead of dwelling on what is feeling uncomfortable. It also **helps build connection and cooperation** with others when you tell them that you’re grateful for them! If you struggle to find something to be thankful for, just stop for a few moments, look around and listen. There is so much happening all around but it’s easy to miss it.

Don’t let it spread

Low moods can spread faster than the flu! Children are more likely to feel anxious and fearful if their parents regularly express these feelings. When you’re mindful of your mood and take steps to manage it effectively, you’re **giving your children the precious gift of emotional intelligence.**

Expressing gratefulness is like taking a dose of emotional vitamin C.

It can be taken liberally, there’s no danger of overdosing and it boosts your immunity! What can you find to be grateful for, right now?

- ✓ Low moods are contagious!
- ✓ Gratitude is like emotional vitamin C
- ✓ Children who learn to practice gratitude are set for life!

Being out in the sunlight brightens my mood, especially if that sunlight is reflected off the moon.”

Jarod Kintz

Encouraging women to develop and enjoy dynamic family relationships is Laurie’s special focus. With four children, a clinical practice and as the co-founder of Bare Hands, she understands many of the challenges of modern day families and has spent the last 30 years studying and practising strategies and skills that really make a difference.



Laurie Morrison Co-founder Bare Hands, Mother, B.HSc, Strategic Psychotherapist.

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
Practical life strategies for women