

GRATITUDE: A FULL BODY PRACTICE Even (Especially) When You're Tired

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You've likely heard by now that giving thanks is a good thing, with many benefits. PLUS, we're in the season of thanksgiving, so there's no better time than now to adopt an "attitude of gratitude".

Easy to say, and what if you're tired - not only physically, but mentally? Fed up with all of the crazy, wondering what in the hell there is to be thankful for? Maybe some compassion fatigue has set in. You've given so much, for so long, you're depleted and can't bother.

It's time for a re-set, and gratitude can be a full body practice. This isn't just about listing in your head those things that you're grateful for, but truly knowing them. Let gratitude be that emotional sweet spot from which you create your best life.

Here's how:

1) Take a moment and be still. Put both feet on the ground and drop your shoulders - or even better, lie down (if you can) and feel your body supported by the earth. Do a body scan and notice any tension. Just notice it. Wiggle your toes. Breathe in and out through your nose. Drop your awareness to your center.

2) Notice where your energy is. If you're upset by something, your energy is likely plugged in to that, and it's hard to drop into your center for very long. If you're present, and centered, your energy can be here, with you now. Where is your energy today? ****this step can be critical in combatting fatigue.** If your energy is always outside of your body, you can't be present and can't renew your own supply. If you're feeling tired, and worn out by _____, notice where your energy lives. Aim to keep it inside you.

3) As you become present to right now, what or who are you grateful for? All day long you're supported by tiny little actions that most of us never notice - in good times and in bad. Name those. Write them down. Even better, write a letter to someone that that you are grateful to know.

4) Allow gratitude to wash over you. Doesn't it feel good???? And, as you allow gratitude to wash over you,

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you ultimately notice more and more things to be grateful for...which then leads to more gratitude...and so on (it's a vicious cycle ;).

Bottom line: feel your gratitude. It brings you to the present moment like nothing else can.

For more information and further reading on Wellness, visit our [online library](#).



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Beth Cline is a movement coach specializing in the body and the mind. Her clients are people of all shapes, sizes, and skill levels. Some come for athletic movement, others come for movement in life (career, health, future, etc.). Either way, it starts with energy. Energy flow leads to ease, and life can be easy! Beth teaches people to pay attention, to listen and learn, instead of moving through pain.

Move, *with intention*. Follow her blog on her website at www.bethcline.com; connect on social media:

