

How Gratitude Builds Mental Strength & Resilience

Module 2

“Nothing happens to me. Everything happens for me.” - *Alice Inoue*

Optimum wellness relies on balance between the body, mind, and emotions. Limiting our stress, being the keeper of our thoughts and emotions along with being mindful of the foods that we eat and the environment we are exposed to helps maintain this balance. But sometimes that's not enough. Sometimes life is so challenging that we can barely remember to breathe, let alone monitor our thoughts. When we have a mindset that everything is happening for us and not to us, it builds our mental fortitude and resilience for these challenging times. This resilient way of thinking allows us to more easily maintain a level of emotional and mental grounded-ness in the face of difficulties. We stop taking things so personally and instead start to develop a deeper appreciation for everything that shows up in our lives. This appreciation builds trust, awareness, confidence, acceptance, resilience and greater mental fortitude.

Everyday is a blessing and no matter what is unfolding, there is always something to be grateful for. Life wants the very best for you regardless of how things appear. This deeper knowing that everything is happening for you, instead of to you, is the highest level of gratitude that we can attain. It says to life, “I am grateful for everything that shows up to be my teacher, my healer and as my invitation for growth. I trust that all is well.”

Why do I need to be more resilient?

Our reaction to daily events is our vibrational habit. Our habits create our reactions to life and the outcomes we manifest. In a world where we are constantly bombarded by stressful stimuli, it can be difficult to maintain our balance. As we become more conscious, we see how important it is to learn to shift from being reactive in life to being responsive. To do so, we need to learn to take back our power from our reactions by becoming more mindful. This means noticing when we are in a reactive state and taking the necessary steps to alleviate the reaction.

We all know what it feels like to be reactive. Our heart rate speeds up, our emotions rise and we feel unsettled. When we are in this space, it's important to stop and take a breath. Whatever is unfolding can wait the 10 seconds it takes to come back into our breath. This coming into mind-body presence is where our power is. It takes a resilient mind to come back to this place in the face of chaos. But it's worth the effort as no good has ever come from living in a reactive state. When we can take back our power, we are able to better respond to life instead of react.



7 Ways Practicing Gratitude Has a Positive Effect on Your Life

In a report published by Psychology Today, it is scientifically proven that practicing gratitude can not only improve your physical health, but can also help to reduce frustration and increase self-esteem. Here are just 7 ways that gratitude can improve your life:

1. Gratitude Improves your physical health.

People who show gratitude report having a general feeling of good health, have fewer aches and pains, are more likely to engage in regular exercise and require less frequent checkups with their doctor than those who don't.

2. Gratitude improves your psychological health.

It has been theorized that grateful people enjoy increased well-being, happiness and enjoy reduced symptoms of depression.

3. Gratitude enhances empathy and reduces aggression.

Those who show their gratitude are less likely to seek revenge against others and express greater levels of compassion and empathy.

4. Gratitude Improves your sleep.

Practicing gratitude regularly can help you sleep longer and better. This is especially true when you spend a few minutes being grateful just before you fall asleep.

5. Gratitude enhances your self-esteem.

People who are grateful have increased self-esteem.

6. Gratitude increases mental strength.

Grateful people have a stronger mental fortitude and resilience to overcome trauma and stressful situations.

7. Gratitude improves relationships.

Showing appreciation for one another breaks down barriers to love and acceptance. It fosters more long-lasting relationships.

Building More Gratitude and Resilience with Meditation.

Meditation isn't always easy, especially when we have a busy mind. But if we can give the mind a job, then entering into a meditative state can be much easier. This is why I use powerful visualizations to give the mind a focus away from what may be stressing it. Any time we take control of our busy mind, we are not only building greater resilience, but we are also moving towards greater balance. This is why meditation is so powerful. It's like an emotional and mental reset in less time than it takes us to make our breakfast.

I'm going to share with you a powerful meditative process designed to help increase your levels of gratitude. When in the process, I invite you to spend some quality time thinking about the things you are grateful for. In this special Meditative Healing you will also receive soothing, gentle energy to support you in opening your heart to greater levels of gratitude. It's important to give yourself the space and time for this process. Try not to multi-task or start and stop the recording. This will only lessen the effects of the Meditative Healing.

[Click here to access Angela's Gratitude Meditation.](#)

angela
STRANK