

attitude OF gratitude

Insights November 2023 An Attitude of Gratitude

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An attitude of gratitude is so appropriate for November whose signature date is Thanksgiving Day. I know at this point I should break into the Monty Python song, *Always Look on the Bright Side of Life*, but seriously an attitude of gratitude offers a positive way of view and wellbeing. Indeed, the gratitude idea has several stages and facets.

First, start with your real home, that is your health. Assuming you are not ill, be grateful for your good health. Your heart beats 100,000 times a day. Be grateful that not only you are just being free of disease but also that all your organs function properly. I was the psychiatric consultant to a dialysis unit. For me, every week was kidney appreciation week. Many Jews begin with *Shacharit*— a Morning Prayer, thanking God for being alive. It is nice to be healthy.\

Second, it is great to have shelter, food, and clothing. Yes, all things we take for granted. See how you feel when you lose power. Not fun. Many natural events such as hurricanes and tornadoes are constant reminders of how things could change. Third are family and friends. Fourth is a job or reasonable finances to retire.

Fifth is a recognition of the daily miracles around us. The glory of the sunrise, the beauty of a flower, the sweet forest smell, and the magnificence of the sunset are all there each day.

An attitude of gratitude allows you to enjoy more your life, Adopt it! 😊