

GRATITUDE

by Jessica Hughes, Central Okanagan Hospice Association

"Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity..it makes sense of our past, brings peace for today, and creates a vision for tomorrow." Melody Beattie

Although 2020 has been full of extraordinary challenges, in between the difficult times, we can still find the good by recognizing the big and small moments that fill us with gratitude and joy.

In times like these when the anxieties and fears of everyday life are exacerbated by the combined forces of the COVID-19 pandemic, economic stress and political turmoil, it is more important than ever to strengthen and flex that gratitude muscle.

This holiday season take the time to reflect on things you can do rather than the things you can't.

Try incorporating new traditions in the ways that you can that are meaningful to you. You might find you keep and carry these new traditions forward in the years to come.

A tradition in my family is a practice of gratitude. In turn we each share something we are grateful for and this can be done in person with the members of your household or virtually to those friends and family we can not connect to in person right now. What we focus on is what we see and experience so this simple practice can lift your spirits and bring a sense of peace this holiday season.

Wishing you a safe and peaceful holiday season.

With gratitude,

Jessica Hughes - Assoc. Director Bereavement Services