

Practicing gratitude for just a few minutes each week can lead to social, emotional and physical health benefits. Even reading a few quotes will help you feel better: “Gratitude turns what we have into Esnough”, Aesop. “Every new day is a gift. Make the most of it!” “What day is it?” asked Pooh. “It’s today”, squeaked Piglet. “My favorite day”, said Pooh, Winnie the Pooh.

A “Happier Shift”

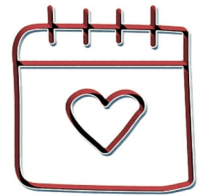
CBC’s Jennifer Moss is a Happiness and Well-Being Columnist. She predicts that in this decade, people are going to become happier. Global hope has declined by 13 points in the last 4 years, according to a Gallup International survey. When a pendulum swings all the way in one direction, it eventually wants to right itself. Jennifer sees our priorities shift from valuing money to valuing time. This will change how we work, whether we’ll take on more debt that ties us to work.



People want and are fighting for more values and morality, they are standing up for the planet and humanity in general and are more vocal than ever before! Humans can be really amazing in a crisis and Jennifer predicts that we are going to show that off in this decade. But, don’t worry if you’re not always feeling grateful. You’re just human and that’s a normal feeling sometimes, during a very abnormal time.

Seven Morning Habits that can Affect Your Entire Day

We all know it’s important to floss and brush our teeth every morning, but what about flossing, cleaning your mind first in the morning!



- 1) **Hitting the Snooze Button:** Physically, hitting the snooze button actively sets you up to be groggy and less productive because you are repeatedly waking yourself out of a deep sleep. “Emotionally you’ve set yourself up to be late, rushed and stressed in the morning.” The obvious solution is to get out of bed right away. “If we listen to our minds telling us what we feel like doing, we will never make the positive changes we need to do”!
- 2) **Checking Your Phone:** Doing this first thing in the morning stimulates self-criticism and judgements in your mind. Your emails and texts are all about things to do, things to buy, things to add to your to-do list. Charge your phone in another room. Begin your day with gratitude, positive words, meditation...
- 3) **Planning Your Day:** Psychologist Joe Ingersoll recommends organizing your day the night before. This way, you’ll feel relaxed and ready to go in the morning.
- 4) **Drinking Water:** Your body really needs a glass of water. You haven’t had any liquids in your system for at least 6 to 8 hours, your body is dehydrated. If you drink water, first thing in the morning, you’ll have fewer headaches, less fatigue and smaller bags under your eyes!
- 5) **After Water, Drink Coffee:** Don’t feel guilty about reaching for the coffee pot after you’ve had your bath---it is actually good for your body too, says Llyse Schapiro, a Registered Dietitian, “Coffee is a great source of antioxidants and it can increase energy as well as help stabilize our moods”. “It can also help keep our brains healthier and our minds sharper.” Too much isn’t going to do you any favors, though. Stick with one or 2 cups a day and be consistent with how much you drink, or else you’ll start getting headaches and withdrawal symptoms.
- 6) **Skipping Breakfast:** Have you been told to eat a good breakfast before? That’s because it’s important says Bruno LoGreco, author of “Stop Sabotaging Your Life”. “Eating a healthy breakfast consisting of nuts, fruits and oats will satisfy your brain to get you through a tough day. Skip the doughnuts and croissants though, as those will give you a sugar high and set you up for a crash later.
- 7) **Rising Early:** A psychological study found that early risers are happier and more successful than those who got to bed later. They tend to be more proactive, get better grades and better anticipate and minimize problems.