

How To Be Thankful, Even if Your Struggling This Thanksgiving

While it may be difficult to find things to be thankful for this Thanksgiving or season—there are many small things in life that can bring joy and happiness on a daily basis. Start with some of the things in life that we often take for granted. Then, move on to small things that might not seem important, but can often brighten your day.

20 Things to Be Thankful for:

1. In the United States, we have access to clean drinkable water.
2. Not being hungry and having an abundance of food.
3. Having a roof over your head and a safe place to live.
4. Modern day conveniences such as electricity and indoor plumbing.
5. WIFI and access to the internet.
6. The ability to walk, talk and see.
7. A virtual meeting or a phone call with a friend or relative you haven't seen or talked to in a long time.
8. A beautiful sunrise/sunset.
9. Access to medications you need to stay healthy.
10. Amazon Prime!
11. The ability to spend time on a hobby you love.
12. Your Faith.
13. The changing color of leaves in the fall.
14. Getting an important task completed early.
15. Good friends.
16. The time to read a good book.
17. Weekends!
18. The kindness of strangers.
19. What God has already done in your life.
20. Streaming services that provide an abundance of movies and tv shows.



If you find yourself struggling with things to be thankful for, I would suggest taking a look at your perspective. Perspective can change the way you view things around you. For example, the perspective of a forest is very different if you are in the middle of it or flying above it. It's the same forest, but you see it very differently.

Benefits of Being Thankful

You may wonder why it's important to take time to be thankful. The simple answer is that being thankful can have a wide range of psychological and physical benefits. Being thankful can:

- Improve psychological health. Being thankful can reduce a multitude of toxic emotions, ranging from envy and resentment to frustration and regret. Robert A. Emmons, Ph.D., a leading gratitude researcher, confirmed that gratitude effectively increases happiness and reduces depression.
- Helps you get better sleep. According to a study in *Applied Psychology: Health and Well Being*, writing in a gratitude journal improves sleep. Try spending just 15 minutes jotting down a few things you are grateful for and you may sleep better and longer.
- Improves physical health. A 2012 published study reported that grateful people experience fewer aches and pains and they reported feeling healthier than other people. Not surprisingly, grateful people are also more likely to exercise and get regular check-ups with their doctor.
- Enhances empathy and reduces aggression. The University of Kentucky determined in their 2012 study that grateful people are more likely to behave in a prosocial manner, even when others behave less kind. Study participants who ranked higher on gratitude scales were less likely to retaliate against others—even when given negative feedback, experienced more sensitivity and empathy towards other people and a decreased desire to seek revenge.

Food for thought:

- *If you were to wake up tomorrow with only the things you thanked God for today, what would you be left with?*
- *It's not happy people that are grateful, but grateful people who are happy.*



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