Taking the Escalator

The Gratitude Reset

— 6 Simple Ways to Use Gratitude as a Coping Skill —



NOTICE THE GOOD – Adjust Your Focus

Our minds can get stuck focusing on what's wrong, what's missing, or what went badly. Gratitude involves intentionally shifting our attention to also recognize what's going right. The negative doesn't disappear, but it doesn't have to get all our attention.



LOOK BEYOND THE NEGATIVE – Find Something Worthwhile

Even when something goes wrong, there may be something worth appreciating. Perhaps someone helped you through it, you discovered a strength, or you learned something useful. You don't have to appreciate the difficulty itself to recognize something positive alongside it.



APPRECIATE THE PEOPLE – Recognize the Support Around You

Pay attention to the people who make your life a little easier, more meaningful, or more enjoyable. Notice the kindness, encouragement, and support you receive, including the little things people do that are easy to overlook.



FIND THE SMALL STUFF

Gratitude doesn't require something extraordinary. It can be an ordinary comfort, a simple pleasure, a moment of peace, or something in your day that just feels good.



EXPRESS IT

Tell someone what you appreciate about them. A few genuine words can strengthen relationships and boost your own sense of well-being. You can also express gratitude to yourself, such as *"I appreciated that sunset," or "I'm glad I took time to relax today."*



MAKE IT A HABIT

Build gratitude into your routine. Try a brief daily check-in, a gratitude list, or simply taking a moment at the end of the day to notice what you're thankful for.

Gratitude doesn't mean pretending everything is okay.

It means making room to notice what's good, even when life is difficult.

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