# How to practice gratitude in COVID19 times

Do you remember the movie Groundhog Day?
Sometimes the current situation tends to make me feel trapped in that movie.
The lockdown does not seem to end. Rather, we have to learn to live with it, our new reality, for now.

And even if our generation has put every effort in turning our world into a place where leaving the house is not absolutely necessary, why is it so hard for us now that we cannot actually leave it?

First, I felt overwhelmed:
- ✓ Home-schooling my three kids of very different ages (I could never be a teacher, respect)
- ✓ keeping the family's mood stable (hard work, you don't know us! All 5 of us have very strong characters)
- ✓ Constantly catering the family (I love to cook but I swear not to touch a pan for a year after this)
- ✓ Going to and receiving all my medical treatments besides the challenge to just get into the hospital
- ✓ The absence of alternatives (this time I was prepared, but still missing actual treatments like TCM etc…)
- ✓ My projects (writing this, it is 4:30 am, no further explanation needed)
- ✓ My work (conference calls, zoom meetings, trying to concentrate... you name it!)
- ✓ The economic worries (cannot be denied)
- ✓ How is the future going to look like? (putting my focus there to come up with something useful)

Having to create a new day, every time you wake up, under these circumstances, with limited options, is challenging. You have to be very consequent and creative.
But since it is not my nature, to stick my head into the sand, and to remain a victim, paralyzed,
I would like to propose something to you!

**A GRATITUDE PRACTICE**
Why?
Because even if it is hard, we still have the freedom of choice. That is ours, it belongs to us!
We have the choice to decide how we deal with the current situation, what we make out of it!
So why not make it easier?



We know from resilience studies that two minutes of distraction are enough to set a positive impulse and to be able to move the mindset into a different direction.

**So, let's try this all together! What do you think?**
This is how it works:

       STEP 1: **Before you go to bed, every day from now on, you take a minute for yourself and think of 3 things that you are thankful for!**

It may seem banal, but you will be very surprised what it will actually do to you!
It surprised me a lot and I love it, on top of that, it is quite easy and you do not need a lot of time doing it, you just have to actively take the time for it, a few minutes, for yourself, that's it!
Give it a try!

       STEP 2: **Pick a gratitude friend**
Every evening, we text each other what we are thankful for.



Here is mine:
I am thankful for the fabulous diagnostics findings of my current Pet-CT.
I am thankful for being able to experience the fall another time, the colours are especially beautiful this year.
I am thankful for the patient community; it gives me the feeling of not being alone.

**What's yours?**
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