



Developing an 'Attitude of Gratitude'

by Andy Holter

Gratitude is considered by some as the greatest of all emotions and can have a unique relationship with wellbeing. Gratitude can explain aspects of wellbeing that other personality traits cannot. An attitude of gratitude goes hand in hand with mindfulness – a quality of being thankful, readiness to show appreciation for and to return kindness.

You're grateful when you're aware of what you do have rather than what you don't – the effect of this is an opening of the heart. When you're aware with an open heart, you're in a deeper mindful place.

Gratitude is a skill that we can develop: for example, if you are not very good at running or cycling, with practise you can get better. The same is true of gratitude: through repeated effort you can develop, strengthen and intensify gratitude. To grow your gratitude, we must exercise and practise, which will almost guarantee to make you more grateful – just as you would run better and cycle further. ...

How it works

1. Think of something you're not grateful for – perhaps a relationship or your place of residence.
2. Now think of all the things that are good about it. Give yourself two minutes, and challenge yourself to come up with as many good things as possible. For example, if you're not happy with your home, ask yourself, does it give you shelter, does it give you refuge, does it give you a place to meet family and friends? Think of the positive aspects which you are grateful for. To supercharge this exercise rather than just thinking about it, write down your answers. Be aware that you may have to overcome some resistance to doing this, especially if you're very ungrateful about a situation.
3. Try this exercise again for other areas of your life. See what effect it has on them, again, remember that the exercise takes some effort, but the rewards make it worthwhile.
4. Commit to doing this regularly for a week or a month daily basis. You may find yourself being naturally more grateful for all sorts of other things too.



CARERS' SUPPORT



For many, the past 13 weeks has meant not only juggling the challenges of looking after yourselves and your families during a tense period of uncertainty, alongside caring for families in your CPJ role, but also playing a vital additional role as carer support for a loved one or friend.

Lockdown has undeniably been a trial for us all, in ways we could never have expected and for those in a caring role the same can be said, only more so. As a family, we have experienced this first-hand and continue to do so, as there isn't yet any clarity on when shielding as a principle will be ended.

There are many support networks available and we encourage you to speak up and reach out to take advantage of these resources. Christine Field is on the board of the West Sussex-based group who have seen a significant increase in enquiries from people in the local community reaching out for support and taking comfort and strength from that offered.

Find your local group here...

West Sussex: www.carerssupport.org.uk

East Sussex: www.cftc.org.uk

National: www.carers.org and find your local service

"The greatness of a community is most accurately measured by the compassionate action of its members." Coretta Scott King

Quarantini time... Amaretto Sour

...and this one's my guilty secret, perfect for using up that leftover bottle from Christmas!

200ml amaretto; 3-4 lemons, juiced (you'll need 120ml);
1 egg white; Cocktail cherries in syrup – optional; Ice

Put the amaretto, lemon juice, egg white and 4 tsp of the cherry syrup (optional) into a blender. You can also do this in a large cocktail shaker, you will just need to shake it very hard without adding any ice. Whizz up the mixture a few times at a high speed until it is pale and starting to increase in volume. If your blender is suitable for use with ice, add a few handfuls and pulse just twice more to chill the mixture. Alternatively, just stir in the ice until the outside of the jug feels cold. Pour into glasses and garnish with cherries to serve.



Host a virtual family and friends
Whodunnit? Mystery night in aid
of Macmillan Cancer Support

See more at: [https://gamesnight.
macmillan.org.uk/whodunnit.html](https://gamesnight.macmillan.org.uk/whodunnit.html)

'GRATITUDE'

BY MOHAMMED ASIM NEHAL

Gratitude is more than being thankful
When the emotion is expressed
It's about giving more than handful
And yet feeling blessed

Gratitude is being grateful
For whatever we achieve
'Cause the more we are faithful
The better we conceive

Gratitude is being humble
To the world we see
Caring for one another
And appreciation is the key

Gratitude is an acknowledgement
Of all the wonderful deeds
A feeling of gratitude should be sown
'Cause that's all we need

Water – the elixir of life! from Elaine

Believe it or not, water is one of the six main nutrients: our bodies are made up approximately 70% of water and it is essential for all of us. Ideally, we should drink at least 1.5 litres of water a day; this can depend on age and the amount of activity we do, but this amount is usually the best to maintain. Some of us dislike drinking water but you can add slices of orange, lemon or cucumber to a water bottle or add a good fruit juice to some water. Remember when buying fruit juice, don't buy brands which show 'from concentrate' as these tend to contain lots of sugar and no vitamins, instead opt for the 'never from concentrate' products. Herbal, green and fruit teas can also boost fluid intake as well as milk, and fruit/vegetable smoothies. Coconut water has become very popular in recent years and is great for hydration, but is quite high in natural sugars so avoid drinking large amounts.

Water carries nutrients to other organs. If we don't drink enough water, we become dehydrated which can cause poor concentration, irritability, tiredness and dizziness, and constipation. Water flushes out toxins, helps keep our skin clear and plump, and is also known to help with weight loss. Some foods we eat make up a small percentage of the water we require – did you know lettuce is 90% water, and even cooked potatoes and pasta contain a large amount. Fruits, vegetables, soups and stews are also great to include to help our daily intake of water.

Water is great to take whilst exercising too. Some sports drinks are okay but many contain caffeine and lots of sugar so check the label! One of my fitness-mad friends makes her own sports drink which consists of coconut water, juice of half a lemon or lime, 1 teaspoon of crushed sea salt and 2 teaspoons of honey.

Wishing all fathers
a wonderful Father's
Day on Sunday

STAY
hydrated