

# Thanks Giving Overcomes Doom and Gloom

By Pat Heydlauff

With the right kind of attitude, anyone can overcome worry and stress, even during the chaos of the holiday season. If you are feeling blue this holiday season, it's easy to see why – tune into any news station, or read any newspaper or internet outlet and nearly every story seems like more bad news. Even with the holidays around the corner, it's easier to feel worry, stress and anxiety rather than hope, peace and joy.

The Thanksgiving holiday season is the perfect time to establish an attitude of gratitude. Not only is positive energy created by being grateful for all the tangible things in your life such as your home, your family, your career and friends plus the intangible ones of freedom to travel where and when you want, to say what is on your mind and to worship where and how you wish. It is also created by the special memories you make and hold onto for the rest of your life.

## Ways to Create the Attitude of Gratitude

**Begin an “I am grateful” list.** Overcome today's gloom and doom and the stress it brings by creating an “I am grateful” journal or notebook. Once Thanksgiving has passed, sit down and reflect upon all the things you are grateful for in your life. Write them into your book. Then add things to it on a daily or weekly basis so you have a formidable list as time passes. A gratitude journal created by you will be filled with hundreds and hundreds of positive energy thoughts and memories to lift your spirits on a stress filled or down day.

**Create a Top Ten list.** From your “I am grateful” journal make a Top Ten list which will become your action plan for anytime in the future when you are particularly blue or discouraged. Plus it will become the perfect foundation for you to build on for the New Year.

- Rank in order of importance all the things on your list you are grateful for such as being alive, having food in the refrigerator, warm water for your shower, a roof over your head, income ... you supply the rest
- Next, rank in order of importance all of the people, places, pets, activities and events on your gratitude list

Take the top five from each category, write them on your Top Ten list and post it in a really visible spot where you will see it every day; the mirror in your bathroom or the refrigerator door really work well. When you awaken every morning and see your list you will automatically smile and start your day already grateful for the ten most important things in your life.

You will not only receive positive energy from the list but it has helped you prepare your attitude for the entire day. Add to your grateful journal on a regular basis and carry the Top Ten list with you for those particularly stressful moments. Remember, when you are in a gratitude state of mind, doom, gloom and stress cannot easily sneak in. Just starting out the day with a smile can help turn things around for the rest of day.

**Take pictures.** Yes, take lots of pictures of your holiday feast, family members, guests, friends and even the pets. Capture and preserve the essence of all of your holiday joy and positive energy. Then create a collage of 6 to 8 of your favorite pictures. Place the collage in a silver frame and hang it in the northwest area of your family or living

room. This will provide you hours of grateful positive energy throughout the year along while energizing the helpful people area of your life. This type of energy will also serve you well in your bedroom or office.

### **Gratitude Creates Balance**

Everyone is going through challenging times right now. It's important to keep a grateful perspective and stay positive about what you do have, rather than what you don't. Thanksgiving Day provides the perfect backdrop for remembering just how blessed the citizens of this country are.

Gratitude is a great balancer for all the anxiety and stress we allow to creep, jog or race into our lives. A grateful heart and a grateful mind leave no room for unwanted negative energy to enter such as stress. Be grateful for all that you have; for your family, friends and the family pet that is always delighted to see you, for having food to eat and most of all, for the gift of another day.

*Since every day of your life is a gift you exchange for what you do that day, be grateful for the gift you've received and use it wisely.*

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*Pat Heydlauff, president of Energy Design, uses Feng Shui design principles to eliminate chaos and stress at home and within oneself. More than a Feng Shui expert, Pat is a consultant and speaker who helps remove clutter and negativity while encouraging personal growth, improved relationships and prosperity. Her forthcoming book, "Feng Shui: So Easy a Child Can Do It" shows how small changes can lead to a big improvement in one's personal and professional success. For information on her consulting, speaking and artwork, visit: [www.Energy-by-Design.com](http://www.Energy-by-Design.com) or call: 561-799-3443.*