

NAWIC

The National Association of
Women in Construction



Safety & Health Awareness Committee

November 2021

Gratitude

November is National Gratitude Month. Why is the NAWIC Safety & Health Committee reporting on gratitude? Studies have repeatedly shown gratitude helps alleviate stress, clarifies our minds to make better decisions, and improves overall health. Admittedly, during challenging times, the ability to be grateful often eludes us. As difficult as it may be, when facing trials, it is important to take a deep breath, exhale and allow ourselves to become aware of, feel, and reflect on the good things that are happening, whether it is the love of our families, the friendships we have forged in NAWIC, or the goal we recently met.

I am not a person who regularly journals as I like to have a completion point for my writing, but I have found value in a gratitude journal. My journal is a simple daily diary that has a tiny space to write one thought each day. (No pressure to fill the page!) In that space, I list one thing I am grateful for that day. I have expressed gratitude to a variety of people, places, things, and ideas, including my family, airplanes still operating during the pandemic, and Café de Monde beignets. Then, when I need to be uplifted, I can quickly scan through my journal and remember how truly blessed I am!

I challenge you this month – not just on Thanksgiving Day – to find at least one thing, event, or person to be grateful for each day. Gratitude changes your focus and can change your life! For more information and additional resources, click here: [The Gratitude Journal: Prompts, PDFs, and Worksheets \(positivepsychology.com\)](https://www.positivepsychology.com/gratitude-journal-prompts-pdfs-and-worksheets).



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