

Prescription for the Holidays

What can you take when you feel
Overwhelmed with pain or sadness
When life is too big to manage
When all you see is darkness and confusion
Or alone in a crowd of happy, busy people?

Here's a prescription you might try:
Developing an "attitude of gratitude"

You can begin to prime the pump
With a word of thanks by naming
Something small in your life
Something unexpected, or something big
Even something ordinary:
 Your breath, air, water,
 Light, heat, a pet

Add one word of thanks a day for something
As you continue to prime the pump
It may take some time and seem very slow, but
Watch to see if you begin to experience some
Unexpected delight, gratefulness, even a moment of joy

Don't give up, just keep priming that pump day after day
Watch for the refreshment of your soul as it
Starts to trickle, and then begins to flow

The prescription for holiday stress, blues, or loneliness:
Gratitude – take once a day, or as often as needed