

Attitude of Gratitude

The New Year is here and once again we are facing restrictions regarding Covid 19, specifically Omicron. According to the CTV News, it is suspected we are reaching the peak of this wave. My hope is soon the count for hospitalization decreases.

Through this pandemic, I have been able to keep my spirits elevated due to my attitude of gratitude. I want gratitude to be part of who I am rather than something I conjure up during holidays or when something good happens to me. I have read that the benefits of gratitude have been scientifically proven, so I googled the fact. According to Amy Morin, Psychotherapist and mental strength trainer, there is scientific proof and she wrote a list of seven benefits gratitude can bring:

1. Gratitude opens the door to more relationships. Acknowledging other's contributions can lead to new opportunities.
2. Gratitude improves physical health. People who review gratefulness appear to be actively involved in daily exercise more often, and are more likely to attend regular checkups with their doctors.
3. Gratitude improves psychological health. It reduces toxic emotions from envy and resentment to frustration and regret.
4. Gratitude enhances empathy and reduces aggression. Often people who show gratitude are less likely to retaliate against others and are more sensitive, and have decreased desire to seek revenge.
5. Grateful people sleep better. It has been found if you write in a journal before bed chances are you will sleep better.
6. Gratitude improves self-esteem. It decreases social comparisons and allows people to appreciate other's accomplishments.
7. Gratitude increases mental strength, reduces stress, and plays a major role in overcoming trauma.

I am grateful for many things regarding the Township of South-West Oxford. First, I am grateful for our council who agree to disagree but always in a respectful manner and, by writing that, I am repeating the gratitude given many times by Mayor Mayberry. Then, I am grateful to live in South-West Oxford because of the people that live here and have made this place a great place to live. Finally, I am very grateful for the dedication and hard work of all the volunteers who sit on South-West Oxford's committees. Their input, commitment, hard work, and dedication is sincerely appreciated.