

The Power of Gratitude

November, of course, brings Thanksgiving. It is one of my favorite holidays, not just for the food and football, but also because it is a great reminder for us to stop and think about the things we are thankful for in our lives. It always brings thoughts of family and friends and life, but if we truly stop and think about it there are so many things in the world that we can be thankful for that we likely could not count them all or even conceive of them all. There is the talent given to a writer that inspires us with their words, the talent given to a musician that touches our lives with their music, the talent given to an artist that brings joy when we see their art, the talent given to a mechanic that brings relief when they fix our problem, the talent given to a healthcare worker who uses it to take away our pain, the sound of a bird that brightens our day, the feel of a fish pulling on a line, the warmth of the sun peeking out from behind a cloud on a cold, windy day, the hug of a child, the hug of a parent, the hug of a friend, a hug, football season starting in the fall, baseball season starting in the spring, the smell of coffee brewing, a child's laughter, the different phases and colors of the moon, the ability to do whatever it is that we can do, the ability to stop doing and rest, time to accomplish our goals, time to do absolutely nothing, people that teach us what to do, people that teach us what not to do, things that make us laugh, things that make us think, things that pick us up, things that help us pick others up, books, pictures, movies, music, pets, running water, indoor plumbing, etc. etc. etc. The list could go on indefinitely.

Science has proven that being thankful and grateful has wonderful affects for us as well. Here are 7 of those affects on our lives:

1. Gratitude opens the door to more relationships.
2. Gratitude improves physical health.
3. Gratitude improves psychological health.
4. Gratitude enhances empathy and reduces aggression.
5. Grateful people sleep better.
6. Gratitude improves self-esteem.
7. Gratitude increases mental strength.

[7 Scientifically Proven Benefits of Gratitude | Psychology Today](#)

Here are some great quotes on gratefulness as well:

1. "It's not happiness that brings us gratitude. It's gratitude that brings us happiness." – Anonymous
2. "The struggle ends when gratitude begins." – Nicole Donald Walsh
3. "If all you did was look for things to appreciate you would live a joyous, spectacular life." – Abraham Hicks
4. "Gratitude is the healthiest of all human emotions." – Unknown
5. "The simple things are also the most extraordinary things, and only the wise can see them." – Paulo Coelho

I hope that this November brings many things for you to be grateful for and I hope that those things help you cope with and endure the things that come along that you are not grateful for in your life. I know I included a long list of things above, but I would love to hear what you are grateful for in your life and in the world. If you feel comfortable, please share some or many of those things with me by emailing them to: tmellen@melbaschools.org. Thank you and I hope you have a wonderful and blessed month. Here are some links to help with gratitude and thankfulness:

[Simple Truths: The Simple Truths of Appreciation from 123 Magic on Vimeo](#)

[Simple Truths: Learning to Dance in the Rain from 123 Magic on Vimeo](#)

[Gratitude Is A Key To Happiness: 4 Reasons Why \(forbes.com\)](#)

In closing, I would just like to say that I am very grateful for Melba and the honor of working at Melba Jr./Sr. High School. The students, staff, and families honestly give me hundreds of reasons to be grateful each day. Then I am blessed to go home and spend time with three more people that I am very grateful to have in my life.

Happy Thanksgiving

P.S.

Important for seniors: The priority deadline to apply for the Idaho Launch grants is November 30th. Here is the link: [Next Steps Idaho](#)