**Parenting Coaching Program Session 5: Gratitude (adapted from MFFS mindfulness program)**

**Prior to starting, ensure that you have viewed the home practice assignments so you can confidently review them with the client.**

Hello \_\_\_\_\_\_\_\_\_\_\_,

Welcome back to the session today. We are currently in session 5 of 10 sessions. Today we will talk about gratitude. Before we begin with our warm-up exercise, I would like to check-in with you. How are you feeling in this moment, what sensations, thoughts, and emotions come up for you right now? Can you rate your mood from 1-10?

**Let’s start off with our warm-up based on positive psychology….**

* The reason why we do this is to help us focus, highlight, and identify some of the positive things that you do and are doing to manage your social-emotional well-being.

**\*Pick one question to ask the client\***

* + *How has another person shown that they care about you within the past week?*
  + *What has happened this week that has been exciting?*
  + *Describe something fun that you did today.*
  + *What was something nice you said to someone this week?*
  + *Describe something that made you laugh this week.*
  + *Describe something you were thankful for this week.*
  + *What was a challenge you overcame this week?*
  + *What was something that made you feel happy this week?*

**Check-in about the previous week’s homework (SMART goals for wellbeing) and inquire to see if they have any questions. Inquire about how it went, challenges faced and problem-solve them as needed.**

Let’s continue now with a tangible exercise to experience the practice of gratitude.

**People Who Have Loved You Into Existence**

Remember that all of these are short exercises that you can ideally continue to incorporate into your day-to-day lives.

1. Think about your life and the journey you have been on.
2. Bring to mind one person who has cared for you, nurtured you, honoured you, loved you for exactly as you are. It might be a person that showed up in your life momentarily, or someone who has been a part of your life for a long time
3. Reflect in the ways that this person has contributed to your sense of well being
4. Reflect what it has been like to feel completely accepted just as you are
5. In your mine or out loud, count to 3. Say this person’s name in your mind or out loud and feel their presence. Stay in this moment for however long you like
6. What feelings and sensations occurred during this exercise for you?

**Gratitude**

Okay, let’s spend some time with some video content. **(If a client is on video, the coach can choose at their own discretion to watch some videos with clients in session, time permitting.)**

**Gratitude: What It Is and How to Create a Gratitude Practice with Intention - 4 MINS**

[**https://www.youtube.com/watch?v=77nDucQj6r4**](https://www.youtube.com/watch?v=77nDucQj6r4)

***-What are the main points of each video?***

***-What skills/strategies did I learn?***

***-How can I apply these skills to my own situation?***

A daily gratitude practice can have tremendous positive effects on your life.

Gratitude is "expressing appreciation for what one has, or what others do for you."

**Why Should We Practice Gratitude?**

Among other things, people who frequently express gratitude, sleep better, have better psychological health, and have more energy and motivation.

Life can get stressful. An intentional gratitude practice helps us cultivate pauses during the day, by allowing us to slow down and smell the roses.

**Example of a Gratitude Practice (3 good things):**

Pick 3 things to be grateful for (ideally when you wake up). For example:

I am grateful for the upcoming weekend

I am grateful to be meeting my friends

I am grateful for a roof over my head.

During the day, bring your mind back to the 3 things that you have gratitude for.

A writing practice can help, and you don’t need to think of new things to list every day.

**Based on the main points outlined in the article by Robert Emmons** [**https://greatergood.berkeley.edu/article/item/why\_gratitude\_is\_good**](https://greatergood.berkeley.edu/article/item/why_gratitude_is_good)

**Q) What is your understanding of your gratitude?**

**Gratitude is explained as:**

* An affirmation of goodness in the world and in our lives. It doesn’t mean that everything is perfect, that we do not suffer or struggle, but having gratitude means we acknowledge some goodness.
* It involves a humble dependence on others, and an acknowledgement that external forces outside ourselves have helped us achieve goodness in our own lives.

**Q) Why practice gratitude?**

1)Gratitude helps us celebrate the present by magnifying positive emotions

* We are less likely to take things for granted that we have gratitude for. This allows us to participate more fully and wholly in life.

2) Gratitude blocks toxic negative emotions. It is hard to feel gratitude and envy or resentment at the same time.

* Gratitude can reduce the frequency and duration of episodes of depression

3)People who practice gratitude are more stress resistant. People can recover more quickly when faced with trauma and adversity.

4)People who practice gratitude have a greater sense of self worth. They believe people are looking out for them and that there are others that care about your well being.

People who practice gratitude consistently have seen a host of benefits including:

**Physical**

* Stronger immune systems
* Less bothered by aches and pains
* Lower blood pressure
* Exercise more and take better care of their health
* Sleep longer and feel more refreshed upon waking

**Psychological**

* Higher levels of positive emotions
* More alert, alive, and awake
* More joy and pleasure
* More optimism and happiness

**Social**

* More helpful, generous, and compassionate
* More forgiving
* More outgoing
* Feel less lonely and isolated.

**Journal templates**

**Below are two sample templates you can use to structure your gratitude practice each week if you wish. The use of these tools can be incorporated into SMART goals if you choose to do so.**

Gratitude 3 good things



* Why I’m Grateful



**Session recap:**

In today’s session, we explored the concept of gratitude, its benefits and how to incorporate gratitude practice in your day to day life.

We reviewed two formats for a gratitude journal that may meet your needs and they can be used when developing your SMART goals this week.

End of Session 5

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**Email template for client**

Subject: Moving Forward Family Services Parenting Program Home practice – Session 5

Insert Logo here

Hello Client’s name,

It was great to be with you for session 5 today. This program will support you by using psychoeducation, resources, and tools to help support you in your parenting role.  The goal of this program is for you to obtain skills and strategies to gain confidence as a parent in your day-to-day life.

Our home practice this week is:

1. Develop a SMART goal for yourself this week.
   1. This may include:
      1. Identifying three things to be grateful for at the beginning of your day and acknowledging them at times during your day
      2. Using one of the two gratitude journal templates to structure your daily gratitude practice (see the templates below).
2. Review the video below to refresh the concept of gratitude (if needed): [**https://www.youtube.com/watch?v=77nDucQj6r4**](https://www.youtube.com/watch?v=77nDucQj6r4)

As you continue to process the information we discussed today, or rewatch some of the materials reviewed this week, consider the following questions:

1. What are the main points of this video?
2. What skills/strategies did I learn?
3. How can I apply these skills to my own situation?

Do what you can, you do not need to do all of it at once. Breaking it down and doing about 5-10 mins a day can sometimes make it easier. Please reach out to your counsellor if you need support or ask how you can be connected with one.

Warm regards,

Your Name

**Resources:**

1. Gratitude 3 good things



1. Why I’m Grateful



1. SMART goals worksheet



1. SMART goals review

