

# the Konnection club

BRINGING PEOPLE TOGETHER TO CONNECT

## KAFE GRATITUDE

### Bringing you some Daily Kafe Gratitude

**This is a morning habit that combines some of my favourite things, tea, coffee, chilling out first thing in the morning and the things I am grateful for.**

With your first morning drink, sit quietly and give yourself 5 – 10 mins as you have your first tea or coffee in the morning.

Relax and get into the present moment as you enjoy your first cuppa and that warm feeling of your hands on your cup or mug sipping on your morning beverage.

1. As you're getting your morning cuppa organised. Kettle, Fave Mug, Fave Drink.
2. On the Post it note App put 5 things you are Grateful for that day. You can update it each day and swap the colours in and out it's really cool. Or write them down on a Post it or piece of paper if you prefer.
3. Sit down quietly with your drink and your list.
4. Reflect on those 5 things you are Grateful for. (Relax, take some deep breaths and get the feelings into your body).
5. After 5-10 minutes you are done.

*I am grateful for*

- 1. My family*
- 2. My friends*
- 3. My health*
- 4. The health heroes*
- 5. My bed (its so comfy)*

**I bet you are already feeling more relaxed!**

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## What's so good about Gratitude?

According to Robert Emmons, a Professor at the University of California, Davis and a leading scholar in the positive psychology movement says, we discovered scientific proof that the systematic cultivation of gratitude can increase ones chances for happiness, help people cope more effectively with stress, enjoy better physical health, improve relationships and other benefits. You can find out more in his book Thanks!: How the New Science of Gratitude Can Make You Happier.

These practices of Wellbeing are like exercising every day or going to the gym for your body. It is something that works over time if you keep up the practice, just a little bit every day.

You will get sick of me saying it, but the brain learns through repetition and the daily practice will help you start an easy new habit that has long terms benefits.

I have been doing it for a while now, but have been a little slack here and there during my morning home office starts, but I am reminded each time I have my cuppas or drinks throughout the day.

I now don't have to think about doing it as it is a habit and I could feel the amazing benefits long before I knew any science behind it.

Enjoy spending a few minutes for yourself each day and the things you have to be grateful for and the incredible benefits this little habit can have in the long term.

