

Infinite Calm
**HOW TO HARNESS
GRATITUDE TO SOOTHE
ANXIOUS MINDS**

EMPOWERMENT GUIDE

**IF ANXIOUS THOUGHTS ARE STEALING YOUR
PEACE, THIS 5-MINUTE SHIFT COULD HELP
YOU RECLAIM YOUR CALM.**

HOW TO HARNESS GRATITUDE TO SOOTHE ANXIOUS MINDS

Gratitude is the practice of focusing on the positive aspects of life and acknowledging them and plays a powerful role in enhancing mental well-being and reducing anxiety.

By cultivating gratitude, you can shift your attention from what is causing distress to what brings joy and fulfillment. This shift fosters a more optimistic outlook, which can decrease symptoms of anxiety and stress.



We are what we think. All that we are arises from our thoughts. With our thoughts we make the world. - Buddha

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Gratitude encourages the brain to release dopamine and serotonin, known as the “feel-good” neurotransmitters.

They are responsible for happiness and relaxation, thereby improving mood and promoting a sense of calm. 😊

Similarly, oxytocin, the “hug hormone,” is released in the body reduces stress by reducing the amount of cortisol (the stress hormone) released.



SO IT IS NOT HAPPINESS THAT MAKES US GRATEFUL.
IT IS GRATEFULNESS THAT MAKES US HAPPY.

~DAVID STEINDL-RAST

These chemical changes in the body improve mood, reduce depression, and create feelings of happiness and relaxation.

Additionally, regularly practicing gratitude can help improve sleep quality, boost self-esteem, and create stronger interpersonal relationships, all of which contribute to lower anxiety levels. zZzZzZ

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The positive impact on mental health is astounding. Gratitude enhances resilience, promoting a positive outlook. The release of these “feel-good” hormones also helps recover from adverse situations more effectively. Increased social connections will improve overall well-being.

In essence, gratitude redirects the mind's focus towards positivity, creating a mental environment that is less conducive to anxiety and more supportive of overall well-being. By integrating gratitude into daily life, people can access infinite possibilities for personal growth and mental peace.

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There are many different strategies for shifting focus from anxiety to gratitude. Here are just a few.....

Expressing Gratitude to Others:

Practice: Take time to personally thank someone or write a gratitude letter. ✓

Example: Instead of getting anxious about a task at work, write a thank-you note to a colleague who has supported you.

Gratitude Affirmations:

Practice: Create and repeat positive affirmations that emphasize gratitude. ✓

Example: Replace a thought like "I'm so anxious about my presentation" with "I am grateful for this opportunity to share my ideas."

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Reframing negative, anxious thoughts to Gratitude



By reframing limiting beliefs, you can shift your focus from feelings of helplessness to recognizing inherent capabilities and potential.

Cognitive Reframing:

✓**Challenges your negative thoughts:** By consciously recognizing and appreciating positive aspects, you can challenge and reframe negative thoughts that contribute to anxiety.

✓**Building Optimism:** Gratitude can cultivate a sense of optimism and hope, counteracting the feelings of fear and uncertainty that often accompany anxiety.

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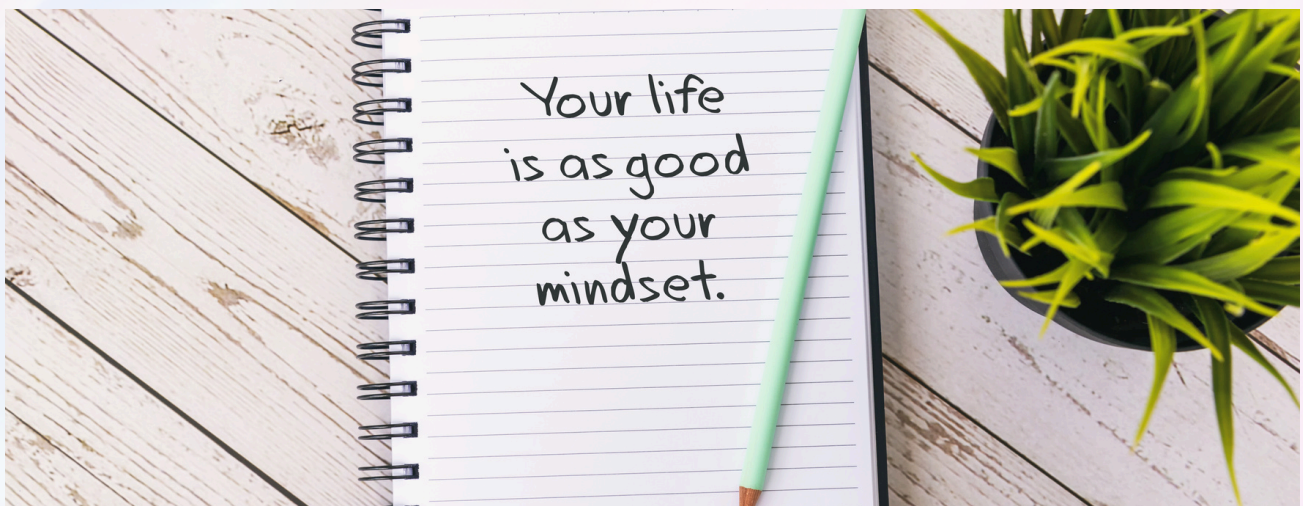
Examples of Reframing from Anxiety to Gratitude

✗ **Negative Thought:** "I'm worried about meeting my project deadline."

✓ **Reframed Thought:** "I am grateful for the opportunity to tackle challenging projects and grow professionally."

✗ **Negative Thought:** "I feel anxious about attending this social gathering."

✓ **Reframed Thought:** "I am thankful for the chance to meet new people and create meaningful connections."



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Examples of Reframing from Anxiety to Gratitude

✗ **Negative Thought:** "I'm anxious about my health and the future."

✓ **Reframed Thought:** "I am grateful for my body and the steps I'm taking to maintain my health."

✗ **Negative Thought:** "I'm nervous about my financial situation."

✓ **Reframed Thought:** "I am grateful for the resources I currently have and my ability to work towards financial security."

✗ **Negative Thought:** "I feel overwhelmed by my responsibilities."

✓ **Reframed Thought:** "I am thankful for the opportunities that come with these responsibilities and the personal growth they bring."



INFINITE LIVING, INFINITE CALM



connect@infiniteliving.us



<https://infiniteliving.us/home>



GET IN TOUCH

***Living deliberately with
infinite possibilities,
infinite calm, and
conquering anxiety ~
Christina D'Angelis, PA***



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