

With Gratitude from Destination Accessible
by Roberta Rosenberg

Happy November! With Thanksgiving just around the corner, and the December holidays quickly behind, many of us think about thankfulness and gratitude. At the Thanksgiving table we may take turns saying something that we are thankful for. When we think about gift giving, we often want to show our gratitude for someone with a gift.

According to the National Day Calendar, November is “National Gratitude Month,” Gratitude is a state of being, while thankfulness has a connection between something that has happened and the way we feel about it. We may be thankful for a wonderful Thanksgiving Dinner, but we are grateful for the family we have.

Gratitude’s amazing powers have the ability to shift us from focusing on negativism to appreciating what is positive in our lives.

Many sources agree that practicing daily gratitude gives us a deeper connection to ourselves and the world around us. “Research has shown that gratitude can enhance our moods, decrease stress and drastically improve our overall level of health and wellbeing. On average, grateful people tend to have fewer stress related illnesses and experience less depression.” (National Day Calendar)

Gratitude doesn’t mean pretending everything is okay, it means making room for appreciation, while acknowledging things that are difficult. The goal of practicing gratitude is to develop feelings that support us emotionally without making us feel guilty for having bad days.

Gratitude is a mindset rooted in awareness, acceptance, compassion and non-judgment that exists regardless of external factors. Gratitude originates within us. Even if we are angry, afraid or sad, we can choose to view ourselves and the world through gratitude’s lens of acceptance, compassion, and non-judgment. We can all choose this perspective.

Practicing gratitude in the happy, easy times makes it easier to tap into our gratitude reserve during tougher times. Gratitude doesn’t erase our challenges or traumas. It begins with the acknowledgement that life is not perfect. Acceptance doesn’t mean we agree with our present circumstances.

If any of the above spoke to you and you want to begin a gratitude practice, you might want to start with some easy gratitude exercises.

You might consider:

- Make a list of things you fell grateful for
- Tell someone how much they mean to you.
- Reflect on a time you stepped outside of your comfort zone
- Make a list of things you recently accomplished
- Recall a time when you felt pure joy or contentment
- At the end of the day write down three positive moments from that day - no matter how small
- Make an “A to Z Gratitude List” - pick one thing to appreciate from every letter of the alphabet
- A gratitude jar - write down moments of joy on slips of paper throughout the year - store them in a decorated jar or box to read later.

Please know how grateful Destination Accessible is for all of you. Whether you are one of the thousands of individuals who visit and use our website, to someone who supports us through volunteering, sponsorships, or

donations, we are grateful for each of you. We are truly grateful that you value our mission of enriching the lives of people with mobility challenges.

We all wish you a very Happy Thanksgiving and Holiday Season!

Roberta Rosenberg, Director
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