

## **Gratitude is the Best Medicine**

By Renee Shea

*If you're worried and you can't sleep  
Just count your blessings instead of sheep  
and you'll fall asleep counting your blessings.*

Bing Crosby crooned these words to Rosemary Clooney in White Christmas. Sentimental? Perhaps. But the theory truly works.

I'm a bit of a worry-wart, so when I'm feeling anxious, I begin to look at all the good things that happened in my day, which in turn makes me thankful and calm.

If you are feeling worried, sad, or bored, try this little trick and see if it doesn't make you feel better. Make a list of ten things that make you feel thankful. I'll give you an example. Here are ten reasons why I am happy to be working at The Villa:

- 1) I get to be with my mom everyday.
- 2) I have a job and medical benefits even though we're living in crummy economic times.
- 3) My work is interesting and allows me to be creative.
- 4) The Villa's residents and staff make me laugh everyday.
- 5) I enjoy a free concert several evenings per week courtesy of Florence Feys.
- 6) I get to help people and touch lives.
- 7) One of the Continuum Nursing Aids frequently compliments my clothes, jewelry or shoes. It is quite possible her contacts are in the wrong eyes, but I'll take those compliments just the same!
- 8) I get to drink as much free orange juice as I want. (I LOVE orange juice!)
- 9) I get to work at a place where the executive director puts the residents first and goes out of her way to make them happy; and where the activities director has plenty of great stuff going on for the residents.
- 10) I get to work in a beautiful building. (Having beautiful surroundings makes me feel good!)

Okay, it is your turn to make a list of ten things that make you thankful. Give it a try and let me know if your list turns into medicine-for-your-spirit. Your list can be about your past or present, your family or your friends.

Speaking of your family and friends, make them thankful by convincing them to move into the most wonderful retirement community in the world: The Villa at Riverwood. Patty "O" will become thankful for that and take \$1,000.00 off your following month's rent, which in turn makes you thankful for the extra money. Do you see how being grateful is the best medicine?