

Things we can be thankful for



It's sometimes said that it's in autumn and winter that trees put down roots.

This last year has felt at times like autumn or winter - with restrictions and challenges. But at the same time that we are aware of the losses, distress and challenges caused by Covid-19, how can we become more able to recognise and be thankful for some of the aspects of lockdown that may have led to personal growth and encouragement?

For example, has the last year offered us the chance to:

1. Slow down and reflect on our lives - rather than living life at full speed?
2. Pay more attention to the world around us? Perhaps we get out more, or have discovered new local places of interest? What has helped you see your own local surroundings with new eyes?
3. Make changes in areas of our life or relationships that needed repair or altered direction?
4. Spend time with others such as family, and friends walking and talking. Or perhaps reconnected to important people from the past who we have somehow lost contact with along the way?
5. Break the cycle of shopping - buying things we maybe don't always need? What will we focus our resources and time on after lockdown? Will we choose to return to how we lived before, or will we make longer term changes in how we invest our energies in the things we do and people around us?
6. Learn new skills such as a language, to play an instrument, or a skill like wood turning? Will we continue with these new opportunities, or will life squeeze these new things that give a sense of joy and achievement out of our lives?
7. Continue to communicate differently - such as using video calls, embracing the added immediacy and connection this offers with family and friends?
8. Live and work in new ways - perhaps saving wasted hours and costs of unnecessary commuting? Or even changing job- with more new businesses than ever set up over the last 12 months?
9. Recognise and be grateful for frontline workers not only in health and social care, but also in shops, care homes, nurseries, factories, cleaners and those who pick and home deliver food - and so many more people in jobs that are often underpaid and we under recognised previously.
10. Re-discover our sense of community? With people setting up local social media groups, or volunteering and helping neighbours with practical help?
11. Cook sometimes from raw ingredients rather than just heating things up? Then noticing the difference in terms of taste and experiencing the satisfaction of having created something lovely for yourself or others?
12. Live life in a simpler and greener way - perhaps with more walking and cycling, and less driving?

13. Re-discover some of the things we knew when we were children through taking part in home schooling - as well as realising the tough job teachers have?
14. Spend more time and deepening relationships with children and family - where they are part of our lives?
15. Potentially have got fitter if we have been able to take opportunities to move and stretch. Or discover new ways of getting fitter or more flexible at home with online Pilates, yoga or more.

Finally have we recognised anything else we can be thankful for?

People, our or others health, our local area, neighbours, work, opportunities, family, friends, and more?

What are you thankful for?

