What have you done to celebrate???

Yup...you read that correctly. What is there to celebrate, you ask? Well, what have you done today or this week to celebrate making it through another day/week in the new “norm” we call life? Or did you celebrate completing a project you have been working on since B.C. (Before Corona...like that?) and were still being able to complete it despite whatever hurdles social isolation, etc, were thrown in your way?? Whatever your daily routine is — leaving your home to work, working from home, finding yourself as a new stay at home parent/teacher/caregiver/entertainer of minions… whatever role you are playing nowadays, how are you celebrating life? I looked into this and found some great ideas for you to checkout and share with your family and friends. Heck...why not start this Sunday by celebrating Mother’s Day. Whether your mother figure is your birthmother (or Father in both roles!), foster parent, stepparent, grandparent or someone else who has filled that role in many ways...now is a time to celebrate the many joys we have in our lives!!

Let me help you realize the importance of celebrating everyday accomplishments and those in our lives we love and value everyday. Have you heard of “Hunt the Good Stuff”? It is a tool in Master Resilience Trainings that helps build optimism and gratitude. By taking a few moments everyday to recall at least three good things that happened that day (they can be big or small like having a good hair day!), this helps grow positive emotions, which have been shown to increase creative thinking, undo the physiological effects of negative emotion, and enhance resilience. Close your eyes, after reading this sentence, and think of one good thing that has happened this week and hold onto that thought/image for 30 seconds. Did you do this??? Okay, I’m sure you were just way to excited to stop reading so, if you want, you can do that after you finish this newsletter. :-) We all need to take these little moments to celebrate the little and big achievements in our lives.

So, how can we actively and consciously take time every day to celebrate? Keep reading!! —>>&

***If you would like more information on Master Resilience Trainings, contact me!! I would be happy to tell you all about them and what I can do for you and your team.***
Here are 5 simple ways to celebrate your every day...

1. Start Your Day as a Celebration — Celebrate the fact that you are alive. Take a few moments every morning to simply enjoy a few minutes over a cup of coffee or tea and breathe in the aroma, feel the warmth, and enjoy the comfort. Give thanks for the day that is coming your way. When you begin your day with a sense of gratitude and celebration, you are bound to have more joy for the rest of the day.

2. Be Aware of the Micro Achievements — All too often we take ourselves for granted. Just finished writing a challenging e-mail to someone? Take a moment and celebrate that you did it. Did you choose to spend your lunch break taking a walk and getting some exercise? Celebrate yourself for taking care of your body. Did you spend a few extra minutes giving a friend or co-worker a helping hand? Celebrate yourself for giving somebody the time to make their life easier. When we notice the little things in life we did well, it improves our mood and self-esteem. If you find you are taking yourself for granted, start taking notice of all the awesome things you do on a daily basis.

3. Celebrate Others — This tip has a double bonus—when you celebrate someone else, both of you feel awesome! Start taking notice when your partner does little things, like taking out the trash, making the bed, or cleaning up the bathroom. When you celebrate someone else for the little things, they feel valued and will be more inclined to help again. Can you relate? Think about if your partner thanked you for all your hard work on the little things, doesn’t that gratitude make you want to do it all over again? Notice when a co-worker gives you the helping hand, or when a car lets you in during traffic. When you celebrate all the good things others do for you, it helps you appreciate others more and it helps others feel great too. Now that’s a double win.

4. Do Something Out of the Ordinary — Sometimes your celebration will be a moment of acknowledgement, while other times, call for more luxury—such as taking yourself out for a pedicure, a meal with friends, or even a weekend getaway (of course, all of these will have to wait a bit…) We may not have the opportunity to celebrate big all the time, but every now and then, it’s healthy to celebrate luxuriously. So go ahead—break open the champagne and celebrate a job well done, a fantastic week, or a huge project accomplished.

5. Celebrate Every Evening — Just as you begin every day in celebration, let’s end the day celebrating and reflecting upon the day that’s passed. Spend a few minutes over a cup of tea, or lying in bed, giving thanks for all the blessings in your day and your life. This will add more richness to your day, warmth in your heart, and bring in more abundance for you to celebrate.

Remember—celebration is an attitude—I’d love to hear from you! How do you celebrate a big accomplishment? And how do you plan to celebrate in the everyday? Send me an email or give me a call, and let’s all inspire each other to celebrate our everyday lives a little more! Or you can comment on one of my posts on our Facebook page! I really love hearing from you all!

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