

# Northwest Permanente Wellness Passport Guidelines

July - September 2018

## Spiritual/Emotional: Give Silent Gratitude

### Give Silent Gratitude

Most of us wake up in the morning with a wandering mind. When our mind wanders we tend to think of what needs to be done and what needs to be worried about which puts us in a state of insecurity. To order to help focus your mind at the beginning of each day adopt the practice of morning gratitude.

As soon as you wake up, before you get out of bed in the morning, let your first thought be one of gratitude. Start with a few deep breaths and then think about five people in your life you're grateful for. While breathing in slowly and deeply, bring the first person's face in front of your closed eyes. Try to "see" this person as clearly as you can. Then send him or her silent gratitude while breathing out, and again slowly and deeply. Repeat this exercise with five people. Avoid rushing through the experience.

This practice will help you focus on what's most important in your life and provide context to your day.

Practice this exercise everyday for two weeks. To fulfill this passport item, send an email to [NWPWellness@kp.org](mailto:NWPWellness@kp.org) with a short personal reflection on how you felt the exercise went.

Sood, Amit, M.D. "Section III: Take the Plunge - The First Step: Train Your Attention." *Handbook for Happiness: A 4-step Plan for Resilient Living*. 48-49.

Please submit all documentation to NWP Wellness, KPB 16  
or e-mail: [nwpwellness@kp.org](mailto:nwpwellness@kp.org)