Gift Yourself Gratitude Q&A

• **Q:** You mentioned practicing gratitude is a way to be more mindful. Is mindfulness the same as meditation?

• **A:** Mindfulness is paying attention to your present moment experience with an attitude of openness and curiosity and meditation is the exercise that strengthens our ability to be mindfully present throughout the day. You can practice mindfulness in a variety of different ways, including traditional meditation, bringing mindfulness to your eating and exercise, or while you’re sitting at your desk at work.

• **Q:** You said stress isn’t always a bad thing, but how do you know when it becomes unhealthy?

• **A:** That is a great question! Everyone has a different level of stress they can handle before it becomes too much so it is important to understand signs and symptoms. If you are having trouble falling asleep because your mind is wandering, if you are feeling aches and pains from tension, lack of energy, upset stomach, headaches, etc. for a prolonged period of time then you might be at a level of stress that is unhealthy.