

KEY TAKEAWAYS

Summary of day 6 session: **The Gifts of Gratitude**



Interview with Dr. Nelago Amagulu-Oyinbo

Opening practice

- Let us take a moment to fully arrive in this moment.
- Sit comfortably in your chair and take a few deep breaths as you say good morning to your nervous system.
- Feel gratitude for your lungs and the fact that you can breathe, when so many can't at this time.
- Inhale and breathe healing into your body and as you exhale, exhale that healing out to the world.
- Continue for a few moments before gently opening your eyes.

Daily check in: What are you grateful for?

- Take a moment to think about something you are grateful for today. Even in the darkest of times, we can find at least one thing to be grateful for.

Today's Top Takeaways

- Did you know that we can survive 3 weeks without food and 3 days without water but we cannot survive even 3 minutes without our breath?
- We are biologically wired for negativity. It is a survival mechanism which in this day and age we have less use for, than previously. It still remains our default pattern, however.
- Rick Hansen says that our brains are like Teflon for positive experiences and Velcro for negative ones!
- It is easier to be negative than it is to be positive. A gratitude practice can assist us to see the goodness all around us, even when it is hard to do so.
- The gift of gratitude prevents us from the downward spiral of depression and anxiety.

Dr. Nelago shares her experience with us

Dr Nelago is an Obstetrician & Gynaecologist and presently the superintendent at Katutura State Hospital.

What is it like for you to be on the frontlines right now?

- "It is hard, but we soldier on. As a country, we didn't expect this third wave to be as devastating as it has been. We have had an overnight demand on available health resources."
- "I work in the public sector and we don't have the luxury of turning people away. As a result, we have had to convert wards into COVID units and arranging bulk oxygen supplies has become problematic."
- "It is very stressful; mentally, psychologically and physically."
- "In this crisis we are not always able to provide for our patients as we'd like to. However, we are so deeply grateful to have received truckloads of donations, medical supplies, bulk oxygen, food parcels for our nurses, cooked meals and words of thanks for the staff from corporate organizations, chambers of commerce and individuals alike. It has been truly heartwarming!"
- "Knowing that there are people out there who are appreciative of what we do and who love us for that, keeps us going."
- "This storm shall pass, as all storms do. Although there will be great devastation, in its wake."
- "I am grateful to be here with you. Being able to express this and let it all out is so helpful for me, personally."

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Summary of day 6 session: The Gifts of Gratitude

Why do you think it's so important to have a gratitude practice?

- “A gratitude practice simply helps you to take stock of the many blessings that you often take for granted. When you are well fed and in good health you often forget that there are millions of people out there who don't have that.”
- “We can be grateful that we have life and we can give back. That is in and of itself, is a beautiful gift.”

How does it make you feel when you practice gratitude?

- “Having had COVID-19 myself (alongside my daughter and our nanny) and having recovered so well- I am filled with gratitude for my health and for my family's health too.”
- “It makes me want to give praise- it makes me feel good”
- “We do a little practice with our 7-year old daughter whereby we say, ‘Thank you God for my lungs and for the air that I breath, thank you for my eyes that see and my ears that hear.’ Now these words mean so much more to us.”
- “When we say thank you and really mean it, then we can really feel gratitude and we can give back! They are not just words anymore, gratitude is truly heartfelt.”

Closing mindfulness practice: Gratitude body scan

- Take a moment to ground your feet and sit comfortably in your chair;
- Let's take a moment to think about your feet, wriggle your toes and think about where have your feet carried you in your life. Feel grateful for your feet now;
- Move your gratitude up your leg as you feel gratitude for being able to stand and to walk;
- Move the awareness up to our pelvis and our seat, feeling grateful for the support of the chair;
- Take your awareness to our abdomen as you feel gratitude for the food in your belly and the process of digestion;
- Moving this awareness of gratitude to our organs as they work together to keep us alive and well;
- Feel gratitude for your spine, keeping us upright and helping us to stand up for what we believe in;
- Feel your breath moving your chest and feel grateful for the lungs and the breath;
- Notice and feel grateful for your heart beating and how it keeps working for you;
- Feel grateful for your arms that have hugged, nurtured, and loved family and friends;
- Take your awareness to your hands and feel gratitude for how they have helped, nurtured, built, planted and grown;
- Feel gratitude to your ears for hearing, your nose for smelling, your tongue for tasting and your eyes for seeing;
- Feel your brain and feel gratitude for its ability to process and make sense of all the information around you;
- Become aware of the skin that surrounds your body- be grateful for its resilience and healing capacity;
- Feeling gratitude for your body;
- Take a deep breath in and open your eyes when you're ready.

Homework

Practice the body scan meditation with gratitude. (It can also help with insomnia).

