

The Travell Counselor's Corner



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[Travell School Counselor Website](#)

November: An Attitude of Gratitude



What better time than the month of November to reinforce the importance of an attitude of gratitude. It is so easy to get caught up in the business of everyday life, especially now that school and activities are back in full swing, and in doing so, overlook so much of what we all have to be thankful for- big and small **One way we can combat this tendency is to focus on balance.**

I do not know about you, but I have a constant desire to be balanced, harmonious, and at peace. However unrealistic this desire might be. Perhaps it is because I am a Libra. Nonetheless, it can be exhausting! Sometimes it feels like we are surrounded by negativity or that it is *always* something. If it is not at home, it is at the workplace. If it is not in our personal lives, we are watching it transpire on the news. In any case, we cannot escape it! If you are like me, you might find that this type of negative energy can easily throw you off kilter. Therefore, it is important that we all have something we can rely on to ground us; bring us back to our reality, which in fact, is one that when we really stop and think about, is something we can all agree we can truly be grateful for. Our amazing abilities and accomplishments are all right there surrounding us as well. Sometimes we just have to make a more conscious effort to choose which voices we will listen to.

In Yoga Sutra 2.6, there is a saying that translates to “***We need a balance of both effort (active) and surrender (calm) in life.***” How do we make sure we have enough “downtime”, but also enough exercise and fresh air? How do we find the delicate balance between caring for ourselves and caring for others? What is the secret to doing this all right?

Well, I don't believe there is one! Instead, we must embrace the moment. And continue to keep embracing each moment-one after the next as they come. There are a variety of mantras, guided meditations, gratitude practices and physical activities such as yoga that we can use to help re-center ourselves in a way that allows us to be thankful for each moment we find upon us. When you take a moment to reflect upon this, what comes up for you? Maybe you see an opportunity to establish a routine that would bring you more balance. This could mean a quick walk outside once a day, or tea with a friend once a month. Maybe instead, you see an opportunity to stop doing certain things that tend to throw you off your balance. This could mean delegating mundane tasks or staying off social media. Whatever you decide, it should be something that feels comfortable and natural for you. It should not be yet another thing that we add to our to-do list!

You can find resources more specifically geared towards children on my website. However, keep in mind that sometimes the quickest, simplest, most effective way to reach kids is by example. It is often in those moments when we are not even paying attention that they are paying the most attention to us!

