

Feeling Overwhelmed with Parenting?

Remember **G.R.A.T.E.**

Use this handy acronym to help inspire feelings of gratitude during difficult parenting moments.

G

Gratitude. Remember that gratitude is a go-to practice in difficult moments, not just when something momentous or good has happened or when we want to feel warm and fuzzy.

R

Realize. Realize that you're in a difficult headspace. This is the first and crucial step toward an attitude adjustment.

A

Appreciate. Find something to appreciate: a breath of fresh air, a working toilet— anything that strikes you as worthy of some recognition. There are a lot!

T

Thanks. Send a mental or verbal shoutout to someone who has helped you— a family member, a friend, even a stranger who held open a door.

E

Enjoy the moment of peace and calm. It won't be long before your kids give you another opportunity to practice gratitude. Again.