

Day Twenty-one

CLD ADVENT CALENDAR

THE CLD GRATITUDE BINGO!

Happy twenty-first of December!

only more 3 days before Christmas, and we want to address another important topic that will hopefully help many of you during the sometimes stressful Christmas period: Gratitude.

Gratitude has been the subject of scientific research for a number of years. Psychologists and doctors have proven that **gratitude contributes to mental health**. It not only feels good, but also contributes to greater well-being and better relationships. Studies show that people who are grateful suffer less from anxiety, anger, stress, sleep disorders, physical symptoms of illness and depression.

But why does gratitude have so many positive effects? Psychologists believe that one reason for this is the fact that a pleasant emotion such as gratitude cannot be felt at the same time as negative feelings such as anxiety or anger. Another reason may be that **gratitude supports social interaction**. Because gratitude also means connectedness - and that is something that is vital for us.

So take the time to answer **4 questions** and then fill in the **gratitude Bingo**. Have fun with it.

PS: We are grateful that you support us and take a look at our advent calendar. You are wonderful. Thank you!

Gratitude

QUESTIONS

Take the time to answer these 4 questions and write down what comes to mind first.

How old are you and what do you particularly enjoy about this age/stage of life?

What did you do this week and what did you enjoy most about it?

What made you laugh yesterday?

Is there someone you would like to say thank you to?

Now you are ready for the **Gratitude Bingo** on the next page!

Gratitude

BINGO BOARD

Look through your cards and cross off the areas you have been grateful for. Do this for as many days as you need. The goal is to get one complete row in any direction - vertical, horizontal or diagonal.

Nature	Rights	Friends	Peace	Food
Education	Diversity	Work	Finance	Health
Music	Challenges	Family	Drinks	Skills/ Talents
Time	Love	Technology	Art	Emotions
Security	Animals	A stranger	Sport	Nationality