



USING GRATITUDE AS AN ANTIDOTE TO ANXIETY, STRESS, AND BURNOUT AT WORK

A workshop by

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Dear participant

Thank you for deciding to invest in this course. A wise nun once said to me: "What is this life, if full of care, we have no time to stand and stare?" These words by William Henry Davies seem to sum up the challenges we have in modern-day life. The practice of gratitude offers a way to reset our thinking so we notice what's good instead of always focussing on what we lack/want more of.

This workbook is designed to help you capture your learning and reflections as well as to offer sources of further resources for you to explore.

I hope this course helps you find greater peace and happiness in the hustle and bustle of life!

A handwritten signature in black ink, appearing to read 'Carolyn Parry', with a horizontal line underneath.

Carolyn Parry, RCDP

About your trainer

Carolyn Parry is a multi-award-winning, certified career and life coach, podcaster, and TEDx speaker with over 20 years' experience in the field as a practitioner, manager, and leader following a career change from a 17-year business management career in property, international aerospace, and technology publishing and a FTSE software consultancy.

Working originally at Aberystwyth University as practitioner, equality champion, and later careers and employability director, she now runs Career Alchemy, her own private practice, supporting early-stage and established professionals to develop purpose-led careers and champions the Career Development sector in Wales as the CDI Project Associate in the Principality.

A Fellow of the Royal Society of Arts, the Higher Education Academy (now AdvanceHE), and the NCEE International Enterprise Educators Programme, she is President and Chair of the Board of the Career Development Institute, the professional body for the career development sector, having been on the Board since 2020 as President-Elect. She also serves as a Trustee Director of Ceredigion Citizens Advice, part of the UK-wide network of Citizens Advice charities, and on the Board of Antur Cymru, a £4M social enterprise that helps Welsh businesses start and grow.

She also hosts [The Reason podcast](#) which is available on all major platforms.

For more information please get in touch via any of the following social media links:

LinkedIn: www.linkedin.com/in/carolynparry/ Twitter: [@CareerAlchemist](https://twitter.com/CareerAlchemist) [@CareerAlchemy](https://twitter.com/CareerAlchemy)

UNDERSTANDING GRATITUDE



UNDERSTANDING GRATITUDE

What does the term "gratitude" mean to you?

Write, mindmap, or draw your ideas in the space below:



What have I learned from this activity?

IDENTIFYING GRATITUDE IN ACTION



HOW GRATEFUL ARE YOU CURRENTLY?

Researchers at Pennsylvania State University (Penn State) have developed a Gratitude Questionnaire* consisting of six simple statements. Completing this will help you to discover your current level of gratitude:

The Gratitude Questionnaire (GQ-6)

Using the 1 - 7 scale below, indicate your agreement with each item by placing the appropriate number in the box preceding that item.

7 = Strongly Agree 6 = Agree 5 = Slightly Agree 4 = Neither Agree nor Disagree
3 = Slightly Disagree 2 = Disagree 1 = Strongly Disagree

Reverse score the answers to questions in red
ie if you scored a 7, give yourself 1, if you scored 6, give yourself 2.

- ___ I have so much in life to be thankful for.
- ___ If I had to list everything that I felt grateful for, it would be a very long list.
- ___ When I look at the world, I don't see much to be grateful for.
- ___ I am grateful to a wide variety of people.
- ___ As I get older I find myself more able to appreciate the people, events, and situations that have been part of my life history.
- ___ Long amounts of time can go by before I feel grateful to something or someone.

Total ___

My current gratitude score is:

Does your score surprise you or does it feel about right?

What insights about your state of gratitude do the questions give you?

*Source: <https://ppc.sas.upenn.edu/sites/default/files/gratitudequestionnaire6.pdf>



What have I learned from this activity?

BECOMING FULLY PRESENT



EXPERIENCE 1: BECOMING FULLY PRESENT

This activity is designed to help you become fully present using your breathing and relaxing into the moment. Spend a few moments afterwards to reflect on your experience and how you can use the technique in the future.

How did you feel beforehand?

What happened during the experience?

How did you feel after the activity?

How could you use this technique to help you?

Where could you use this technique?



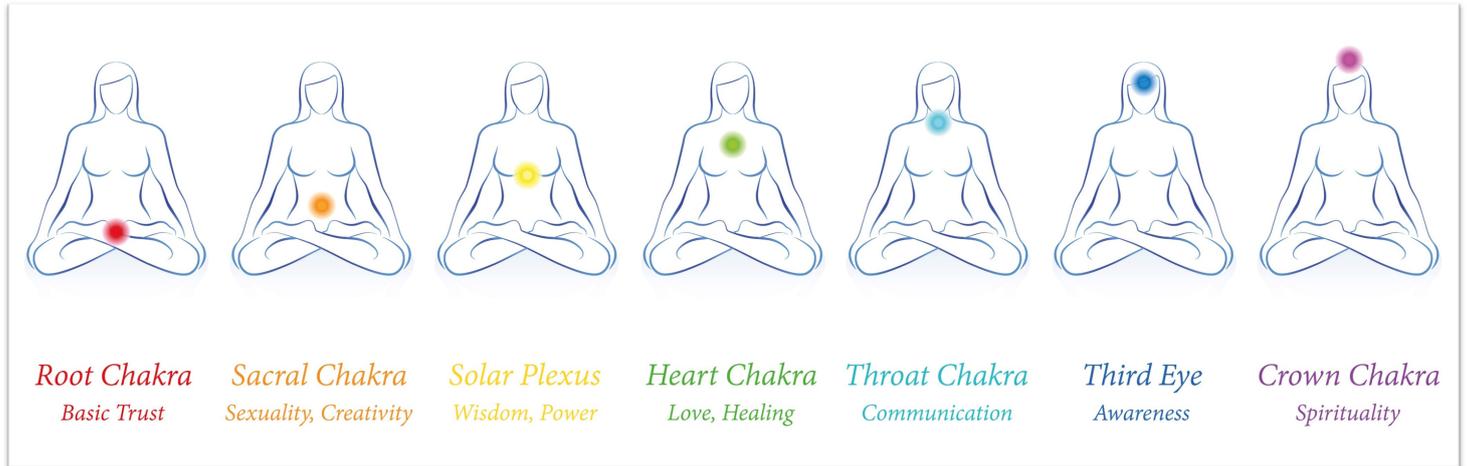
What have I learned from this activity?



EXPERIENCE 2: BECOMING AWARE (EMBODIED)

Feeling gratitude

Whether we are aware of it or not, we feel whatever happens to us as a sensation in our body. Wisdom from the East provides a way to decode what we feel so we can understand our underlying emotions more easily as shown in the illustration. Please use this to help you interpret what you experienced in this second activity as you reflect on it using the questions below.



Where did you feel any form of sensation?

What did it feel like? Was it hot or cold, still or moving, light or heavy, or something else?

If you think of that moment and that feeling now, can you increase the feeling by focussing on it?

How did you feel after this activity?



What have I learned from this activity?

EXPERIENCING GRATITUDE



EXPERIENCE 3: EXPERIENCING GRATITUDE

Once again, reflect on your experience using the questions below to help you.

What did you experience and discover this time?

Again, where did you feel gratitude in your body? What did it feel like?

What insights did you gain from the experience?

How is your sense of gratitude now?

How could you use this in the future?



What have I learned from this activity?

TEN REASONS TO BE GRATEFUL



TEN THINGS I AM GRATEFUL FOR...

These can be people, things, sights, sounds, tastes, smells, and experiences.

1

2

3

4

5

6

7

8

9

10



What have I learned from this activity?

THANKING SOMEONE



THE PERSON I WANT TO THANK IS...

Write a note you could send to them saying thank you and explaining why. If you prefer, draw a picture, or write a poem to express your gratitude.



What have I learned from this activity?

NEXT STEPS AND REFLECTION



MY NEXT THREE STEPS TOWARDS LIVING WITH MORE GRATITUDE EVERY DAY

As we know, we can only feel the benefit from new behaviours if we commit to undertaking them regularly. Thinking about the different activities you have experienced and learned about, use the space below to identify what three action steps or activities you commit to undertake to develop your gratitude practice?

Q: What are the first three actions I need to take to develop my gratitude practice?

ACTION 1 **DATE**

ACTION 2 **DATE**

ACTION 3 **DATE**



What have I learned from this workshop? How will this help me to move forward?