

Gratitude

It is truly amazing how many new things we have learned and experienced since March of 2020: the Coronavirus or COVID-19, what it means to live during a pandemic, engaging in social distancing, wearing masks and gloves, constantly washing our hands, ventilators, testing, contact tracing, remote learning, hand sanitizer and toilet paper shortages, etc. We have become familiar with a new normal. OMG, the whole family living under one roof twenty-four-seven! Yet, we did take the time to reflect upon all the things we had previously taken for granted. This may be the time to see how we had a glass that was not half empty, but rather half full.

It is so easy to talk about how “I” was affected by the stay-at-home orders. You could not get your morning coffee and keep up your daily routine. That old way of life was gone, though not forgotten. Did you take the time to be grateful to the person responsible for the cooking and food shopping, the clean clothes, the homeschooling and entertaining of the children, paying the bills, cutting the lawn, walking the dog, etc.? True, that person is probably used to doing those sorts of activities, but not under such intense circumstances. And yes, that individual is truly dedicated to the cause, the family.

What about the amazing intervention of your employer, enabling you to work from home or safely within the workplace? This includes the dedication expressed, from the small proprietor on up through the executive team of a large corporation, to make every attempt to maintain your job, providing you with a paycheck and benefits. Think about the unfortunate individual who has no job and is collecting unemployment.

We feel good about displaying hearts in our windows to express our thanks to the essential workers. It is so easy to sit on the sidelines and say what could have or should have been done, yet how many of us have ever been in an emergency situation? All of these professionals have tried to do their very best within a highly unfamiliar and uncharted territory, dealing with many unknowns. As Martin Luther King Jr. once stated, “Life’s most persistent and urgent question is: ‘What are you doing for others?’”

Now is a good time to answer the above question. Are you doing your very best? This may be an opportune time to express your gratitude at home, at work and in the community. Let people know you appreciate what you have, and do not ponder what you do not have.

Remember the words of the author Melody Beattie: “Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.”

***My wish for you is to show your gratitude, be thankful and feel the peace it brings.
Know that I am here for you, always, and ready for a chat.***

George E. Gercken