

# Gratitude as a practice to manage uncertainty and foster well-being

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# Today

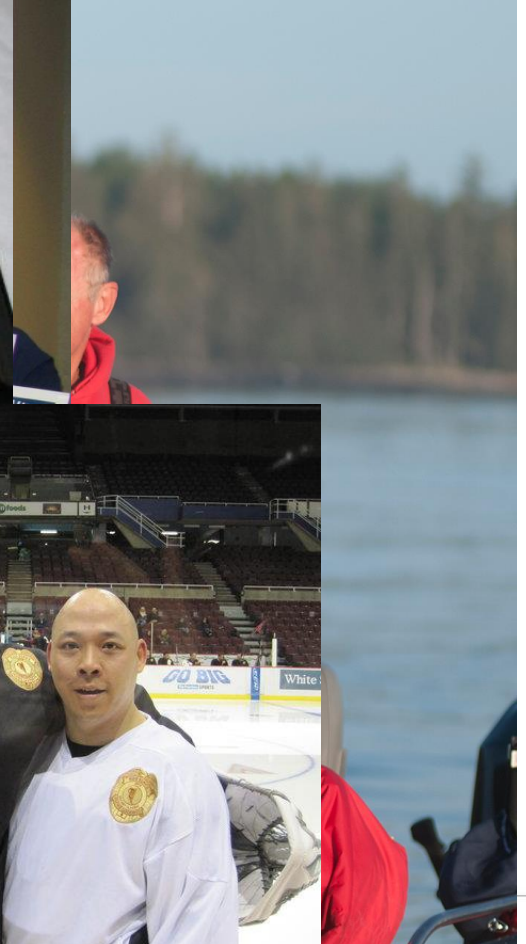
Our many hats

Impact of suffering

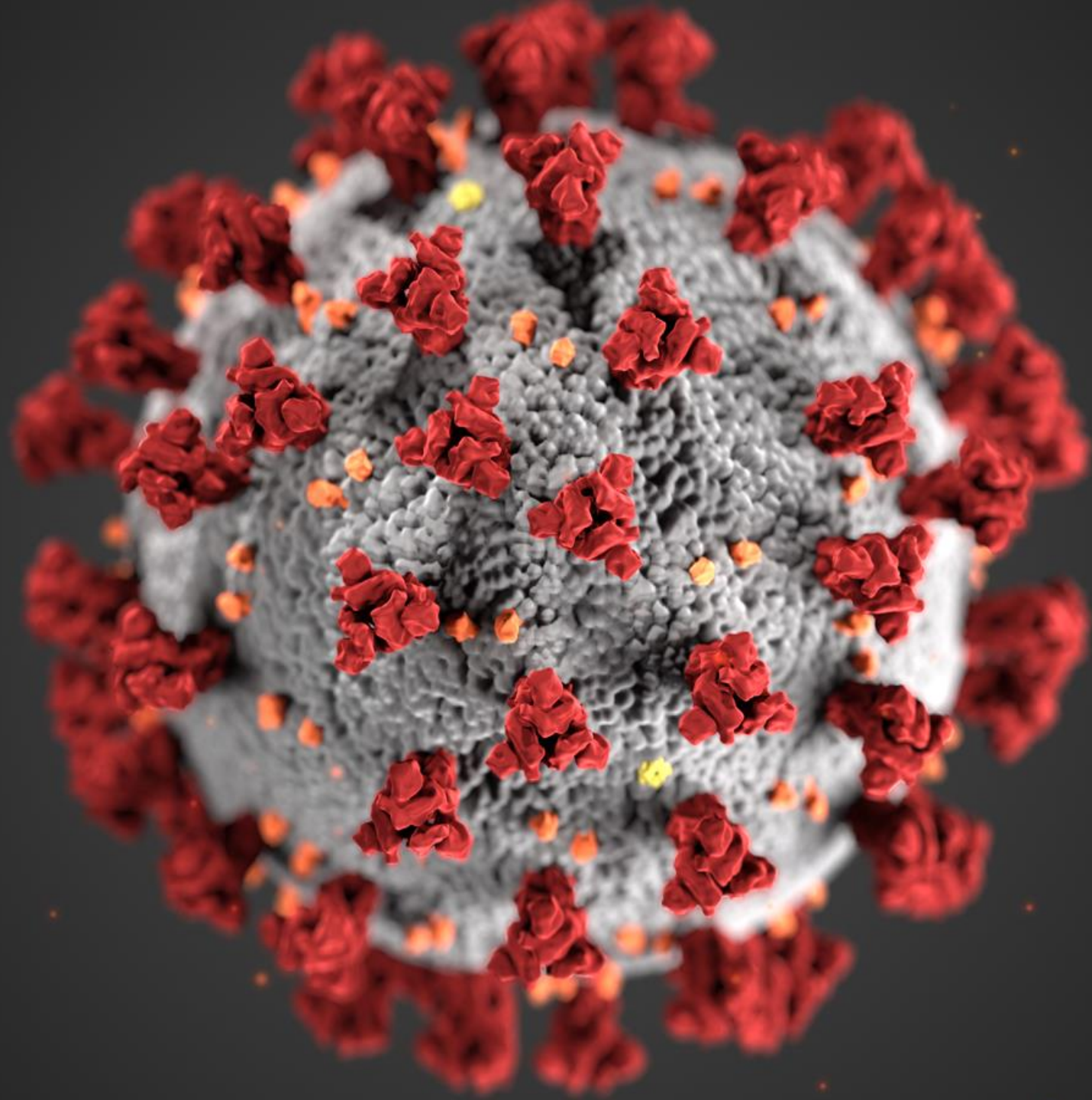
Cultivating gratitude

Practice

# Our many hats







BY LEARNING TO ACCEPT  
AND EVEN EMBRACE THE  
INEVITABLE SORROWS OF LIFE  
WE CAN EXPERIENCE A MORE  
ENDURING SENSE OF HAPPINESS

 Sharon Salzberg

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Un-necessary distress  
Language



Lack of connection to  
work/learning

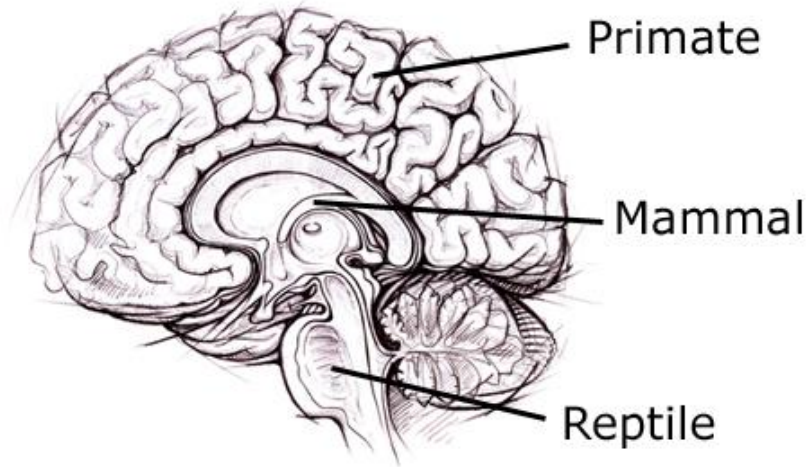


Lack of sense of meaning  
towards what brought us  
passion in the past



Noticing that distress is  
moving from work/school  
into other areas of life

# Distress and our minds



Impacts all areas of our mind

Reptile (Lizard)= Safety/Vigilance

Mammal (mouse) = emotions and desires

Primate (Monkey) = connections

Dr. Rick Hanson

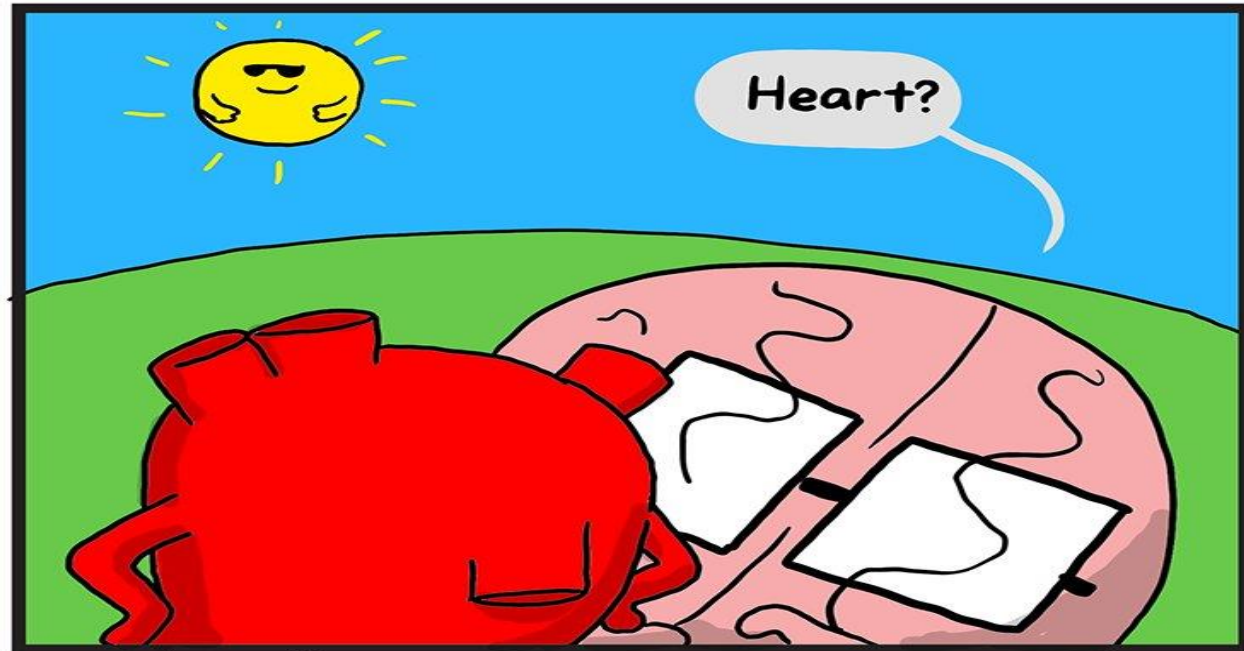
How do we control events that are largely out of our control – skillful versus unskillful worry?

Name it to tame it - that it is ok to not feel ok 100% of the time.

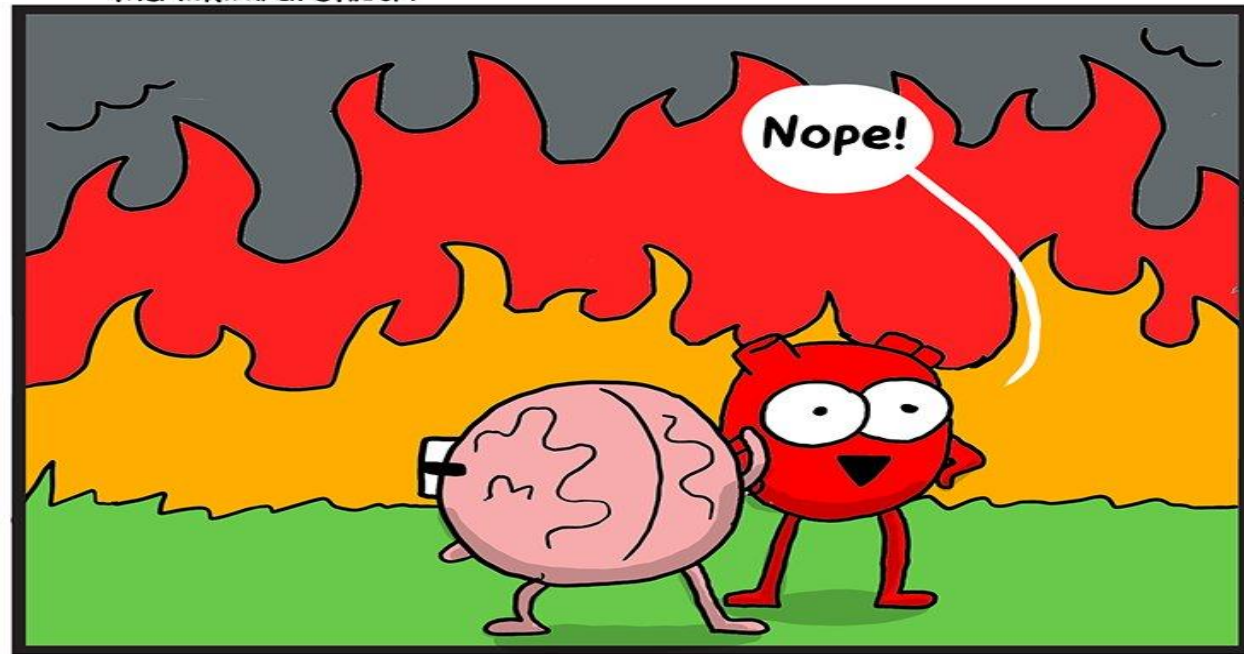
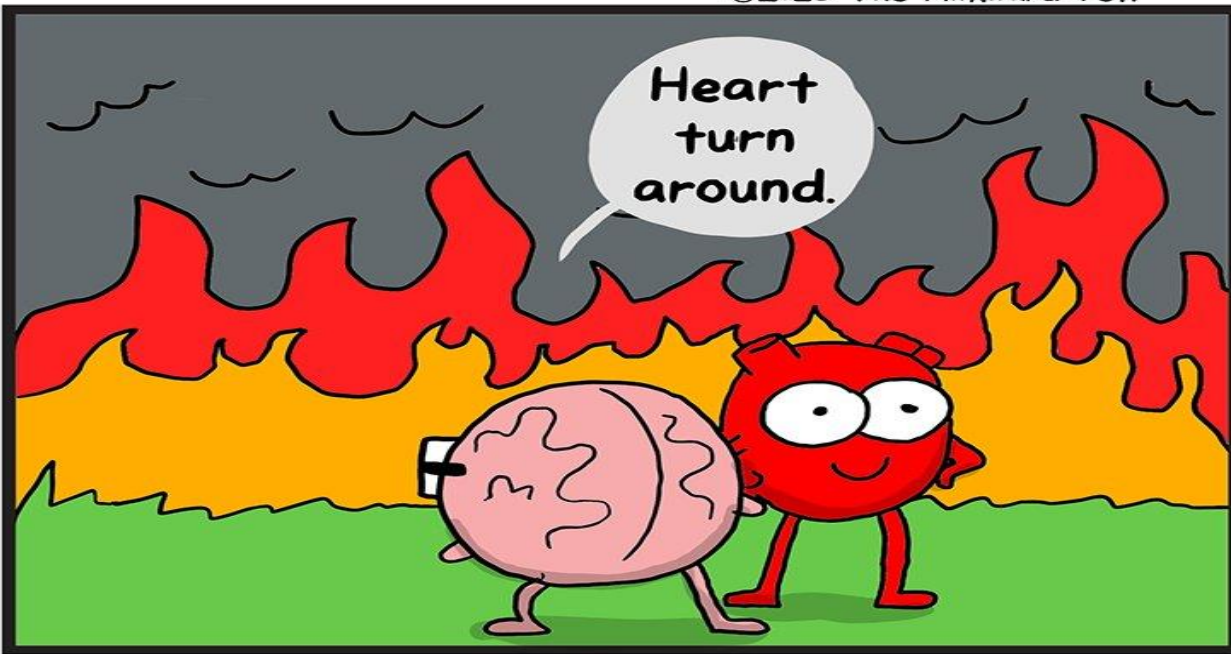




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# Gratitude cultivates wisdom



"Gratitude opens the door, the power,  
the wisdom, the creativity of the universe.  
You open the door through gratitude."

– DEEPAK CHOPRA



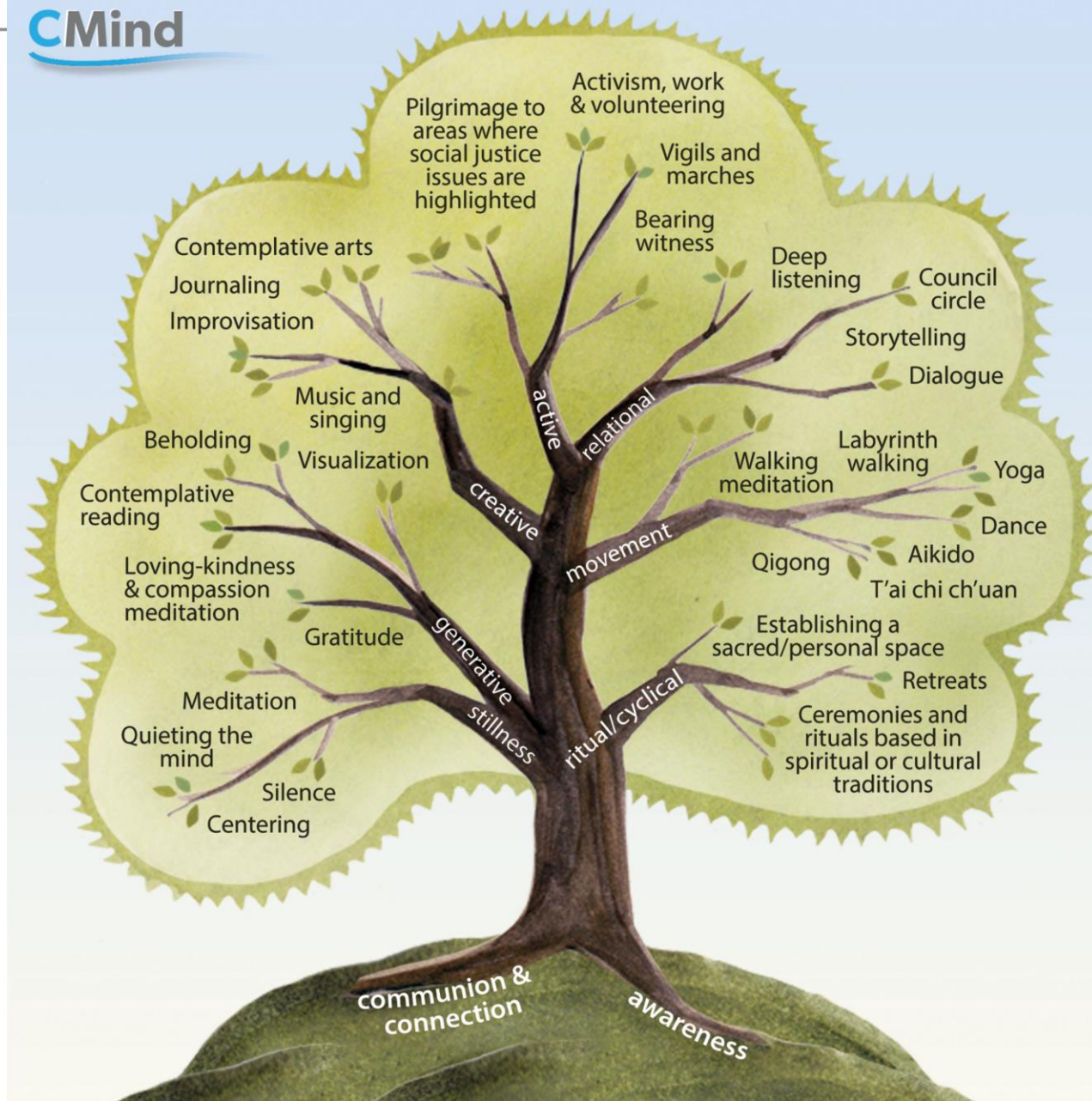


Brain,  
Look!

Not NOW!  
Can't you see  
I'm BUSY?!



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The Tree of Contemplative Practices  
CONTEMPLATIVEMIND.ORG



