

The GLAD Technique

GLAD is an acronym for four ways of finding balance and joy in life. It works by paying attention to positive things in your life and around you, especially those that you take for granted. You may keep track of those positive things in a journal or just reflect about them each evening or at least three times a week.

Set aside some time at the end of your day and reflect on the following:

G: Gratitude

Write down something you are grateful for today. It can be something very basic like having nourishing food and clean water, a roof over your head, or nice weather. Your gratitude can also be about appreciating truly significant things that make life meaningful and allow you to experience it to the fullest, such as a relationship, kids, friends, work, or good health.

It can also be for your own characteristics such as humor, resiliency, perseverance, survival through challenging times, kindness, empathy, logical reasoning, etc.

L: Learning

Write down one thing you learned today. It could be something positive you learned about yourself, about another person, or just a new fact about the world around you. A step further may be to think about how you might want to apply that learning to your own life.

A: Accomplishment

Write down one thing you accomplished today. We often think of accomplishments as long-term goals, but it's also important to acknowledge small accomplishments that make a difference in your life, for example eating a healthy meal, exercising, or finding a new job.

When struggling with mental health symptoms, this can be as small as taking a shower or getting out of bed at some point in the day.

D: Delight

Write down one thing that delighted you today. It could be something that made you laugh or smile, something that brought you a feeling of joy, or something beautiful you saw. If current symptoms make it difficult to experience joy, then reflect on something you appreciate or immerse yourself in activities or surroundings that used to bring you joy.

It's never too late to start getting the most out of your life. Discover the top 8 practical ways to build mental wellness and feel your best.

