

Finding joy and balance in your life

Developed by Donald Altman

The GLAD technique is a tool developed for those stuck in rumination or depression. It is designed to expand upon the strengths of kindness and gratitude by turning attention to something positive.

GLAD is an acronym for ways of finding joy and balance. It works by paying attention to certain positive aspects of life around you all the time, which frequently go unnoticed.

You might want to keep track of these in a journal, or perhaps this is just a reflection before turning in to sleep. You can do this daily or once a week.

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

G – Gratitude, something you are thankful for today. This can represent the most basic gratitude – having food, water, sunlight, a body that works well enough, a roof over your head. Your gratitude might also be about appreciating those truly significant things in your life – a relationship, meaningful work, a caring community of friends, robust health.

L – One thing you **Learned** today. This could be something you learned about yourself, insight, or wisdom you possess. It could mean having an open attitude so that you can discover something new and interesting about another person. It might have to do with learning a new fact or gaining a new perspective on something.

A – One **Accomplishment** you had today. An accomplishment can be an ordinary act of self-care: getting enough sleep, eating healthy meals, getting dressed. Anything that moves you even slightly toward a goal.

D – One thing of **Delight** that touched you today. Consider anything that made you laugh or smile or brought you a feeling of joy. Maybe a thing of beauty in nature that you noticed with intention. A bird chirping at a feeder, a colorful flower, laughing at something funny, tasting food, returning a smile, pleasant sensations.

What made you laugh or smile?

What small thing of beauty did you see today?

What did you hear today that lifted your spirits? A song? A child's voice? A joke?

Now close your eyes and think of your day and what you wrote. Breathe deeply for a few minutes and visualize a positive image from the day. Write down something important from this exercise that you want to remember.
