I Am Grateful for Gratitude
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These past couple of years have been difficult for everyone. Like most people in the veterinary profession, it has been harder to maintain optimism and positivity in the face of everything going on in our industry.

When I am feeling down, one thing that really helps me is remembering to be grateful for the positive things in my life, no matter how small they may be.

I’ve even started carrying around a gratitude notebook in my purse. In my notebook, I try to be as specific as possible to look back and draw strength from the entries. Sometimes, the things I have to be grateful for are obvious...like my family or the wonderful patients and clients, I have the privilege of caring for.

Some days it’s more difficult, and I have to look harder. Maybe it’s something as little as my newly decorated Christmas tree or my son wanting to hold my hand in the car. But, if I look hard enough, there is always something to be found.

This practice has truly made a positive impact on my life. Why not start the New Year with a gratitude notebook or your own gratitude journal, a simple and mentally healthy resolution.