

**Count Your Blessings**  
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I would like to make a suggestion that everyone watch, “White Christmas,” this Christmas Season. In this 1954 movie Bing Crosby and Rosemary Clooney had it right; when they sang, “Count Your Blessings Instead of Sheep.” One line in the song goes, “When I’m worried, and I can’t sleep, I count my blessings instead of sheep, and I fall asleep, counting my blessings.

I interviewed others and found the following things people counted among their blessings:

1. I am thankful I survived years of single parenthood, multiple health problems for both my kids, and managed to pay bills and keep a roof over our heads! I don’t know how I got through those years but we survived and came out stronger.
2. I am thankful, every day, that my adult children are my friends. I will always be Mom first, but, they are 4 of my closest friends.
3. I am Thankful for My Lord Jesus Christ. Without him I am nothing. I am Thankful for a good Husband and wonderful children. I could go on and on. In today’s world having a job, a roof over my head and food on my table is such a blessing.
4. I am thankful for my new opportunity to work where I do!
5. I am thankful every day for a chance meeting through work at 8:20 AM on 5/11/90 that eventually led to my 32 plus years of marriage.
6. Due to a recent scare, I am thankful that I do NOT have Cancer.
7. Grandkids!!!
8. I was just telling a friend yesterday....I am thankful for a warm home to go home to and that it has a gym. And that I am healthy enough to work out. ☺
9. Family and Friendships.
10. I am thankful for God's love, mercy, grace, and His gift of His Son Jesus Christ.
11. Faith, family and friends; new and old ones.
12. I know this sounds wild but it is true. I am so thankful that I can now brush all my hair at one time without pain. I am beyond thankful for this life.
13. I am thankful for my family, friends and my job. I am thankful for my warm house in the winter.
14. I’m personally thankful for all that I’ve achieved/accomplished...first and foremost, my kids and finally buying my own house; all my experiences, whether good or bad, has made me into the strong, independent woman that I am today. And I know, even when times are tough, I’ll pull through. Everything always works out.
15. I am thankful for so many things: family, a warm home, a good job, people who say hello in the grocery store and a country where we have so many opportunities.

A study in the Journal of Personality and Social Psychology discovered the recording of daily positive experiences in a gratitude journal had robustly effected our positive affect. Results suggested grateful responses to life can lead to peace of mind, happiness, physical health and deeper, more satisfying personal relationships.

In one popular book on gratitude, "Simple Abundance," author Sarah Ban Breathnach stated, “Whatever we are waiting for – peace of mind, contentment, grace...it will surely come to us, but only when we are ready to receive it with an open and grateful heart.”