

# A NEW DAY PEDIATRIC PSYCHOLOGY

HEALING THE HURT. EDUCATING THE MIND. INSPIRING THE SOUL.



**A New Day Pediatric Psychology, PLLC** falls under the vision of Dr. Ann-Louise T. Lockhart, Pediatric Psychologist and Board Certified in Child and Adolescent Psychology.

A New Day specializes in evidence-based behavioral health treatment, interventions, and psychological evaluations for children, adolescents, and adults with known or suspected behavioral health and/or medical conditions affecting all aspects of development and functioning.

## Gratitude During A Pandemic: Hope Beyond What You Can See

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LICENSED PROFESSIONAL COUNSELOR ASSOCIATE  
A NEW DAY PEDIATRIC PSYCHOLOGY*



When faced with a dreadful set of events, how can one discover gratitude? Let's begin by defining gratitude and referring to some of the ways it can positively affect individuals. Gratitude is a feeling of thankfulness and warmth towards the world, situations, and other people. Gratitude inspires people and helps to create an attitude of thankfulness. Being grateful is a state of mind that anyone can attain when they are open to receiving it. Gratitude is a positive emotion experienced when pausing and appreciating things sometimes taken for granted. Gratitude is a state

of mindfulness. It can open doors to relationships, improve physical and psychological health, self-worth, improve mood, and allow individuals to freely express empathy towards others.

Through sadness, depression, anxiety, loss and grief, gratitude is sometimes difficult to realize. Our thoughts can help or hurt us. The problem occurs when the negative outweighs the positive, because it can suppress the realization of gratitude.

The year 2020 has presented many difficult challenges as Covid-19 has swept our country. Although 2020 began like any other year with birth announcements, worship services, parties, fireworks, and New Year's resolutions it has quickly become a year filled with tremendously devastating events. The challenges with COVID-19 touches the lives of many as they grapple with the life changes it presents. Pain, suffering, death, quarantine, social distancing, job losses, working from home, homeschooling, and wearing masks for many have been difficult.

How can we uncover gratitude during such devastation and pain? Although sometimes buried deep within, gratitude can be uncovered when we intentionally look for it. It is an action word when spoken out loud, allowing a connection to self and others with thankfulness and appreciation. Gratitude is a perception and a state of mind that provides a calm reassurance. Amid turmoil, an attitude of gratitude can provide hope and something to look forward to. So, embrace your emotional struggles as you look for opportunities to experience gratitude. The sounds of birds chirping, voices of children at play, a cool refreshing breeze in the face, or the smell of fresh raindrops can provide a chance for gratitude.

The holidays are upon us and although many will not spend it as usual with extended family and friends, there are ways to experience gratitude and encourage others to pursue it as well. Continue to be aware of the here and now, and imagine the possibilities of a hopeful future.

#### **A Few Tips to Help You Find Gratitude:**

- Stay true to yourself
- Keep a gratitude journal
- Learn to sit with your feelings and emotions
- Take a nice walk with family
- Let tears flow freely
- Practice self-compassion



**Fear, Worry, Anxiety!  
Tips for Parents  
Do you often feel  
confused about what  
to say or do with your  
child or teen's  
anxiety? Parents can  
make a difference  
when they are  
equipped.**

**Thursday, Dec 17  
6:00 PM CST**

**[Click here to register](#)**



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**The purpose of this newsletter is to educate, inspire, and bring healing and awareness by discussing a variety of behavioral health and medical conditions.**

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