

## WP4: Positive Attitude

### Focus and rationale:

This workshop focuses on providing migrant women with practical strategies to enhance their positive attitude and well-being, specifically through the cultivation of gratitude. By understanding the importance of gratitude in fostering optimism and resilience, participants can develop valuable skills for navigating the challenges of migration with a positive mindset.

### Considerations for implementation:

- Ensure a supportive and inclusive environment where participants feel comfortable sharing their experiences and perspectives.
- Tailor workshop content to address the unique needs and cultural backgrounds of migrant women.
- Encourage active participation through interactive activities and group discussions.

### Key objectives for your workshop:

1. To understand the concept of gratitude and its relevance in enhancing positive attitude and emotional well-being.
2. To explore practical techniques for cultivating gratitude in daily life, especially in the context of migration challenges.
3. To provide a supportive space for participants to share their gratitude experiences and learn from each other.

Name of the activity:	<b>Mindful Moments: Cultivating Gratitude</b>
Aim:	To encourage migrant women to cultivate gratitude as a way to enhance their positive attitude and well-being.
Duration:	30 minutes
Materials Needed:	<ul style="list-style-type: none"> <li>• Comfortable seating arrangement (preferably mats to lay down)</li> <li>• Soft background music</li> <li>• Guided meditation script or recorded meditation (optional)</li> </ul>

Description of the activity:	<p><b>1. Introduction (10 minutes):</b></p> <ul style="list-style-type: none"> <li>• Facilitator begins by pleasantly greeting the attendees and introducing himself and any co-facilitators. Then provides a brief outline of the workshop's aims and what participants can expect to learn.</li> <li>• Facilitator introduces the concept of gratitude and its benefits for mental health and well-being.</li> <li>• Participants are invited to reflect on moments of gratitude in their own lives and how practicing gratitude can enhance their positive attitude.</li> </ul> <p><b>2. Guided Gratitude Meditation (10 minutes):</b></p> <ul style="list-style-type: none"> <li>• Facilitator calls participants to form a circle for unity and inclusivity.</li> <li>• Participants are guided through a mindfulness meditation focused on cultivating gratitude.</li> <li>• Facilitator leads the group in deep-breathing exercises to relax the body and calm the mind.</li> <li>• Participants are encouraged to close their eyes and focus on sensations of gratitude, such as warmth, joy, or contentment.</li> <li>• Facilitator prompts participants to visualize specific moments or people for whom they are grateful, acknowledging the positive impact they have had on their lives.</li> <li>• Soft background music can be played to enhance the meditation experience, if desired.</li> </ul> <p><b>3. Sharing Gratitude Reflections (10 minutes):</b></p> <ul style="list-style-type: none"> <li>• After the meditation, participants sit in a circle and are invited to share their reflections on the experience of cultivating gratitude.</li> <li>• Each participant has the opportunity to express gratitude for something they are thankful for, whether big or small.</li> <li>• Facilitator encourages active listening and validation from the group members, fostering a supportive and empathetic environment.</li> </ul>
Debriefing activity	<ul style="list-style-type: none"> <li>• Facilitator leads a brief discussion on the benefits of practicing gratitude for enhancing positive attitude and emotional well-being.</li> <li>• Participants reflect on how the guided meditation helped them connect with feelings of gratitude and appreciation.</li> <li>• Facilitator encourages participants to continue incorporating gratitude practices into their daily lives as a way to nurture their positive mindset.</li> </ul>
Tips	<ul style="list-style-type: none"> <li>• Ensure a comfortable and quiet environment for the guided meditation to promote relaxation and concentration.</li> <li>• Offer variations of the meditation script to accommodate participants' preferences and cultural backgrounds.</li> </ul>

Sources	<ul style="list-style-type: none"><li data-bbox="431 212 1487 281">• American Psychological Association. (2011). The road to resilience. Retrieved from <a href="https://www.apa.org/topics/resilience">https://www.apa.org/topics/resilience</a></li><li data-bbox="431 338 1516 527">• American Psychological Association. (2016). Cultivating gratitude and giving through experiential consumption. Retrieved from <a href="https://psycnet.apa.org/search/display?id=3005f452-802e-c431-2f69-fc528254f509&amp;recordId=36&amp;tab=PA&amp;page=2&amp;display=25&amp;sort=PublicationYearMSSort%20desc,AuthorSort%20asc&amp;sr=1">https://psycnet.apa.org/search/display?id=3005f452-802e-c431-2f69-fc528254f509&amp;recordId=36&amp;tab=PA&amp;page=2&amp;display=25&amp;sort=PublicationYearMSSort%20desc,AuthorSort%20asc&amp;sr=1</a></li><li data-bbox="431 583 1292 653">• Greater Good Science Center. (n.d.). Gratitude. Retrieved from <a href="https://greatergood.berkeley.edu/topic/gratitude/definition">https://greatergood.berkeley.edu/topic/gratitude/definition</a></li></ul>
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## **Guided Gratitude Meditation:**

*Begin by finding a comfortable seated position, either on a cushion or a mat, with your feet flat on the ground and your hands resting gently on your lap. Close your eyes softly if you feel comfortable doing so or maintain a soft gaze ahead.*

*Take a moment to settle into your body, feeling the support of the surface beneath you and the gentle rhythm of your breath.*

*Now, bring your awareness to your breath. Notice the sensation of the breath as it flows in and out of your body, the rise and fall of your chest or abdomen with each inhale and exhale.*

*As you continue to breathe, bring your attention to your heart center, the area in the center of your chest. With each breath, imagine your heart expanding with warmth and light, radiating throughout your entire being.*

*Now, think of something or someone you are grateful for. It could be a person, a pet, a place, a cherished memory, or even something simple like the warmth of the sun on your skin or the taste of your favorite food.*

*Visualize this person, thing, or experience in your mind's eye. Notice any sensations or emotions that arise as you bring it to mind. Allow yourself to fully experience the feelings of gratitude and appreciation in your heart.*

*With each inhale, imagine breathing in gratitude and love, allowing it to fill your entire being. With each exhale, release any tension or resistance, letting go of any negative thoughts or distractions.*

*Now, silently repeat a simple gratitude affirmation to yourself, such as "I am grateful for [insert what you are grateful for]." Allow the affirmation to resonate deeply within you, embracing the feelings of gratitude and abundance.*

*Continue to breathe deeply and mindfully, focusing on the sensations of gratitude and love in your heart. Know that you can return to this feeling of gratitude at any time throughout your day.*

*As we come to the end of this meditation, take a few more deep breaths, gradually bringing your awareness back to the present moment. Wiggle your fingers and toes, gently stretch your body if you wish.*

*When you're ready, slowly open your eyes, taking a moment to reorient yourself to your surroundings. Carry the feelings of gratitude and appreciation with you as you continue with your day.*