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**“Minding The Mind”**

### Gratitude As A Tool To Buffer Stress

The subconscious mind is designed to protect us from harm. A primary function of the subconscious mind is to seek certainty in the different areas of our lives. Gratitude can be used as a tool for certainty. We can affirm to the subconscious mind there is reasonable certainty in particular areas of our lives. Of course, nothing is guaranteed. However, we might know we can reasonably depend on particular aspects in life. Affirming those aspects can give the subconscious mind confidence and certainty in those areas. This certainty can reduce the potential anxiety levels in the subconscious mind and allow focus on other aspects of living.

Gratitude can be helpful in giving certainty to the subconscious mind. It might be helpful to consider a few, perhaps three to five, basic items in life. These assurances can be a foundation for the subconscious mind. The "Notes" Section could be used for observations and thoughts.

Consider these potential areas:

- Family/Friends: \_\_\_\_\_
- Residence: \_\_\_\_\_
- Income/Occupation: \_\_\_\_\_
- Food: \_\_\_\_\_
- Vehicle/Transportation: \_\_\_\_\_
- Other: \_\_\_\_\_

Notes:

Consider three to five areas that feel comfortable and reasonably secure. Items can always be added, or revised, in the future. This is an open exercise and everyone's considerations can be different for varied reasons. The objective is to communicate with the subconscious mind to reduce overall anxiety and create resilience to buffer stressful situations. Of course, it is important to recognize, and enjoy, the "little things" as they are meaningful, and potentially supportive, as the following quote suggests...

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***“Enjoy the little things for one day we may look back and realize they were the big things.” – Robert Brault***

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Gratitude is a part of my Resilience Renewal Method:  
Experience, and maintain, a continued state of calm with this 5 Minute Daily Method.

Disclaimer: This form shares ideas in exploring personal progress as derived from various sources. It is intended as information only and is not intended as advice to engage in any specific physical or mental activity. Always consider whether these ideas, concepts, techniques & activities are right for you & always confer with your health professionals.