



# Bucket Fillosophy™ 101

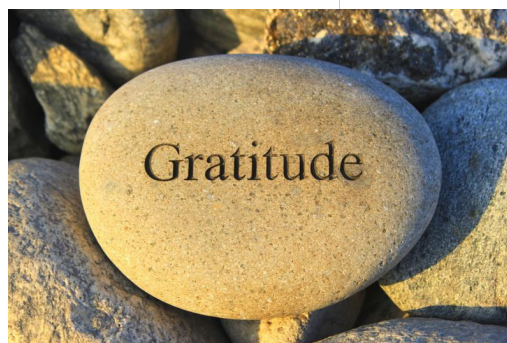
## Words of Wisdom to Keep Your Bucket Filled

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### Gratitude is a HUGE Bucket Filler!

#### Dear Fellow Bucket Filler,

The September/October 2014 issue of *Scientific American Mind* magazine lists depression as the leading cause of disability worldwide. According to the World Health Organization, twenty percent of people will experience depression during their lifetime. Depression is an empty bucket.



However, research also shows that it is difficult, if not impossible, to be depressed when a person is feeling grateful. If, for any reason, your bucket should become empty, take a few moments to think about and concentrate on all you have to be grateful for.

Gratitude fills buckets. I know this from personal experience. Eight years ago, shortly before Thanksgiving, I attended a support group for those experiencing loss. Two months earlier, my husband, Mike McCloud, had died from kidney cancer. When a hospital representative asked if I would consider attending their next group meeting, I went.

During the meeting, everyone was given an opportunity to share. I recall telling the group that when I focused on what I had, instead of what I didn't have, I felt the grief lifting. I said I created a "gratitude list" and carried it with me to remind me how grateful I was for our 24 happy years of marriage, how fortunate it was that I could work from home and care for Mike, and to share his final hours. Looking ahead, I was grateful that we had little debt. I was grateful for the emotional support from family and friends and for our long-held Christian beliefs that gave me understanding and peace.

To this day gratitude continues to fill my bucket. When I take the time to review each day, I'm able to find something to be grateful for. I've added many wonderful people, places, and events to my ongoing gratitude list. No matter what the challenge or situation, there are many reasons to be grateful. Gratitude will help you put things in perspective, get you through difficult challenges, lift depression, and fill your bucket.

Wishing you a wonderful Thanksgiving,  
Carol McCloud

## Our Bucket Filler of the Week\*

Libby Keenan of East Lansing, MI

\*E-newsletter winners are randomly selected to win a free copy of our latest book!

### Bucketfilling Showcase



This week's picture was shared with us by Kelly Sylvester, Teacher, at **Escuela Verde** in **Costa Rica**. Her students created this bucketfilling poster and love filling buckets each day!

We invite you to showcase your organization's bucket filling in our e-newsletter. Email a picture of your bucketfilling bulletin board, mural or other artwork to [info@bucketfillers101.com](mailto:info@bucketfillers101.com).

Most of our subscribers are educators looking for classroom ideas. We have many ideas on our [Free Resources](#) page. Our books and other items are available for [purchase online](#). If there is something you are particularly interested in, please [contact us](#). At the request of many readers, past e-newsletters are available on our [website](#).

Sincerely,

*The Bucket Fillers Team*

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