

# Mental Health Moment

Presented by the Counseling Department

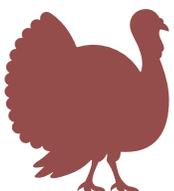
## Gratitude and Your Wellness

For the month of November, we will focus on how having an attitude of gratitude affects your wellness and mental health. While it may be difficult at times to find things you're grateful for, training your brain to see the good in hard times is an essential life skill. Check out the following benefits as stated by Nationwide Children's Hospital (2020):

"Showing gratitude has the following mental health benefits:

- Expressing gratitude can improve your mood. People who regularly express gratitude for the positive things in their life are shown to be happier overall, leading to lower rates of stress and depression.
- Showing gratitude can make you more optimistic. Studies show that those who express gratitude regularly appear to have a more positive outlook on life.
- Sharing gratitude can improve social bonds. People have reported feeling more loved and more connected to others in their lives when they routinely practice gratitude or those around them practice gratitude.
- Practicing gratitude can improve your physical health. People who actively express gratitude tend to be more engaged in activities to take care of their physical health, like eating well and exercising. This leads to higher energy levels, better sleep and a stronger immune system, or the ability to fight off illness or infection."

As you can see, you have immediate and long term benefits from exercising gratitude and being thankful for the things in your life that are good. Take time this month to practice this skill. Find a counselor or another adult on campus to practice with if you need help!



*Wishing all of our students, families, faculty and staff a wonderful Thanksgiving season. May your plates be full, your homes warm and safe, and your hearts content. Stay well!*

**WALK AS IF  
YOU ARE  
KISSING THE  
EARTH WITH  
YOUR FEET.**

THICH NHAT HANH

**Be grateful for  
today and never  
take anything for  
granted. Life  
is a blessing.**

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THE THANKFUL  
HEART OPENS OUR  
EYES TO A MULTITUDE  
OF BLESSINGS THAT  
CONTINUALLY  
SURROUND US.

• JAMES E. FAUST •

Along my  
journey I have  
learned that the  
more *thankful* I  
am, the more I  
have to be  
*thankful* for.

FionaChilds.com

*it is not  
happy  
people who are  
thankful  
it is  
thankful  
people who are  
happy*

“  
When we focus on  
our gratitude,  
the tide of  
disappointment  
goes out, and the  
tide of love  
rushes in  
”

**“SOME PEOPLE  
GRUMBLE  
THAT  
ROSES HAVE  
THORNS;  
I AM GRATEFUL  
THAT  
THORNS HAVE  
ROSES.”**

- Alphonse Karr  
ITSALLYOUBOO.COM

Works Cited:

The Mental Health Benefits of Gratitude. (2020, May 3). Retrieved November 03, 2020, from <https://www.nationwidechildrens.org/family-resources-education/700childrens/2020/05/gratitude>