

# STISD SEL + MENTAL HEALTH RESOURCES NOVEMBER 2023

This newsletter is provided by South  
Texas ISD District Student Wellness  
Specialists

"There is no duty more  
indispensable than that of  
returning a kindness" Cicero

## NOVEMBER IS NATIONAL GRATITUDE MONTH

*Research has shown that consciously practicing gratitude can reduce feelings of stress and anxiety. In fact, studies have found that a single act of thoughtful gratitude produces an immediate 10% increase in happiness, and a 35% reduction in depressive symptoms. These effects disappeared within three to six months, which reminds us to practice gratitude over and over.*

Learn more at  
<https://www.mentalhealthfirstaid.org>



**THANK YOU  
SO MUCH**  
YOU ARE VERY MUCH APPRECIATED!

## 7 Ways to Express Thanks and Gratitude to Friends, Teachers and Parents

1. Say the words
2. Write a gratitude letter or note
3. Show gratitude through creative expression
4. Give a gratitude gift
5. Express your appreciation face to face with a gratitude visit
6. Ask how they are (and listen to their response!)
7. Make a gratitude scrapbook

Learn more at  
<https://positivepsychology.com>



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needs support now,  
call or text 988  
or  
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Reach out for help. Someone  
is always there to support.

