

November, 2024

# MONTHLY NEWSLETTER

## Mental Health Matters

Practicing Gratitude  
can positively  
influence your  
mental health!

As research tells us, practicing gratitude is not only a positive mindful coping tool but it also helps us to cultivate joy and balance. Focusing on what we are thankful for increases feel-good emotions, helps us to be more present in the here and now, improves sleep, and can even strengthen our immune system, making us not only more emotionally healthy but physically healthy as well.

Gratitude is mindful thankfulness even when things are challenging. Gratitude, a simple yet profound emotion, serves as a potent antidote to negativity, anxiety, depression and the feeling of being overwhelmed. In today's fast-paced world where stress and anxiety are common companions, the practice of gratitude can be transformative.

LEAD WITH KINDNESS

*Live with gratitude*

### Ways to practice gratitude:

- Start a gratitude journal and write down things you're grateful for, such as people, places, objects, memories, or events.
- Write a letter to a friend or call someone to tell them you are grateful for them.
- Do a favor for someone you are grateful for.
- Volunteer for an organization or activity where you can help others.
- Take a moment to enjoy the good things that have happened in your life.



# Gratitude

What  
are you  
grateful for  
today?

What  
made you  
smile or laugh  
today?

What  
about today  
has been  
better than  
yesterday?

What is  
something  
you're looking  
forward to?

What people  
are you  
thankful for  
today?

What wins  
(big or small)  
can you  
celebrate  
today?

What are your  
favorite  
moments  
from today?

Who made  
a positive  
impact  
in your life  
recently?



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