

COUNSELOR CORNER



NOVEMBER 2024
MONTHLY QUOTE

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."

— John F. Kennedy

HAVING A HEART OF GRATITUDE

Gratitude is more than just a simple "thank you;" it's a transformative approach to life.

A 2019 review of research studies found that gratitude was linked, beneficially, to social well-being, emotional health, and psychological functioning, and included gratitude journaling, i.e. "writing on a regular basis about things, people, and events one feels explicitly grateful for."

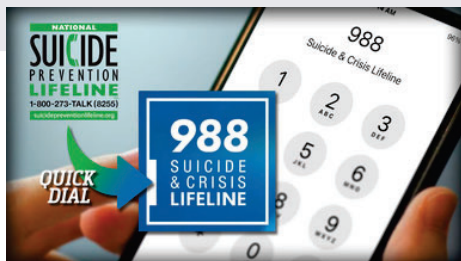
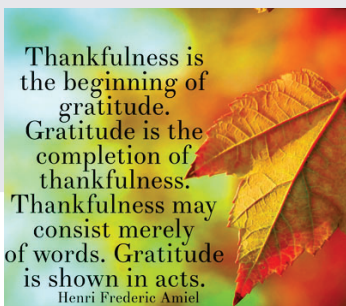
It may well be worth the effort to develop a gratitude practice with regular activities as a tangible step to improving your mental and emotional health.

Maintaining a sense of thankfulness can shift our focus from what we lack to the abundance that already exists in our lives — creating a ripple effect of positivity.

Embracing gratitude can lead to greater happiness, better health, and stronger relationships. It's backed by science and is a mindset that has been celebrated across cultures and philosophies for centuries.

Many wise individuals — from philosophers and spiritual leaders to activists and authors — have recognized the profound impact that gratitude can have on our well-being and overall life satisfaction.

Their words of wisdom serve as a source of inspiration for those of us looking to cultivate more gratitude in our daily lives.



EMOTIONAL ROLLERCOASTER

Stress is "the feeling of being overwhelmed or unable to cope with mental or emotional pressure." It is a natural response to challenging or dangerous situations and our body's way of protecting us from harm. When we are stressed, our body releases hormones to help us react quickly and effectively to the situations at hand. Of the many hormones that are released when we are stressed, the most important are adrenaline and cortisol.

When we're faced with circumstances that warrant a stress response, our body's process is helpful and necessary. However, it is becoming more common for people to feel stressed in daily life, without there being an obvious cause. When stress becomes chronic, the release of adrenaline and cortisol can have harmful effects on our health, including an increased risk of developing serious illnesses like heart disease and diabetes. Chronic stress can also take a toll on mental health, leading to anxiety and depression, and it can be difficult to manage when mood and well-being are compromised.

It is important to reduce stress in your life, but it can be challenging to know how. If you're searching for help managing stress, check out the following tips link:

<https://www.verywellmind.com/tips-to-reduce-stress-3145195>

WINTER LAKES SCHOOL COUNSELOR
PHILLIP JOHNSON

541-824-6802 | pjohnson@coquille.k12.or.us