

COUNSELOR'S CORNER

"GRATITUDE TURNS WHAT WE HAVE INTO ENOUGH." — MELODY BEATTIE

GRATITUDE!

NOVEMBER IS THE PERFECT TIME TO PAUSE AND REFLECT ON WHAT WE'RE THANKFUL FOR. PRACTICING GRATITUDE DOESN'T JUST MAKE US FEEL GOOD — IT CAN ALSO REDUCE STRESS, IMPROVE OUR MOOD, AND STRENGTHEN OUR RELATIONSHIPS. WHEN WE FOCUS ON THE POSITIVE THINGS IN OUR LIVES, EVEN SMALL ONES, IT HELPS US FEEL MORE CONNECTED AND RESILIENT. THIS WEEK, LET'S CELEBRATE THE POWER OF GRATITUDE AND GENEROSITY!

TIP!

Look for the little things. Gratitude doesn't have to be big — it can be as simple as appreciating a sunny day, a funny moment with a friend, or your favorite snack at lunch. The more you notice the good, the better you'll feel.

CHALLENGE!

Write down three things you're grateful for every day this week. They can be small, silly, or serious — there are no wrong answers. If you want, share one of them with a friend or family member to spread the positivity!

DID YOU KNOW?!

Research shows that practicing gratitude rewires your brain to focus on the positive. People who regularly express thankfulness often report better sleep, stronger friendships, and lower stress levels — all from spending just a few minutes a day reflecting on what they appreciate.

CONTACT US!

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