

# MENTAL HEALTH & WELLNESS BULLETIN



NOVEMBER 2025



## Gratitude Month

This November, the district promotes focusing on gratitude. Gratitude is the ability to recognize and acknowledge the positive things, people and places in our lives.

### Why is gratitude important?



Improved  
Health



Improved  
Sleep



Improved  
Mental Health



Increases  
Empathy



Reduces  
Aggression



Improved  
Social Connecti



Improved  
Self-esteem

### Practice Gratitude Activity



- I'm grateful for two things I hear
- I'm grateful for two things I see
- I'm grateful for two things I smell
- I'm grateful for two things I touch/feel
- I'm grateful for these two things I taste
- I'm grateful for these two friends
- I'm grateful for these two teachers
- I'm grateful for these two family members
- I'm grateful for these two things in my home

For more information visit  
NLMUSD's Mental Health &  
Wellness Page

