November, 2025 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?

Learn more
tinyurl.com/calmingstrategiestoolbox

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