Mental Health Moment

Presented by the Counseling Department

Giving Thanks!

Having an attitude of gratitude is sometimes easier said than done, but did you know that having a heart for showing and giving thanks can have a lasting and significant impact on your mental health? In this season of spending time with our families, friends, celebrating the holidays, and spending time away from school, it's important to ensure you give your heart and mind time to rest and recover. Gratitude can be the essential vitamin to boost your mood, help you tap into the strengths you already possess, and improve your relationships. Read through this month's edition to learn how you can express your thankfulness for all the little things as well as the bigger things. We wish all of you a restorative, happy, healthy holiday season in the months to come.

~The Counseling Team

Write 3 things you're thankful for each day of the upcoming week. Place them somewhere you'll see them often or give them to a person.

Send a letter (or email) to someone who has helped you recently. It could be a small gesture that made a significant impact or something that made you smile and remember you're loved.

Tell someone "thank you" for their presence in your life.

Scan the code to take a copy:



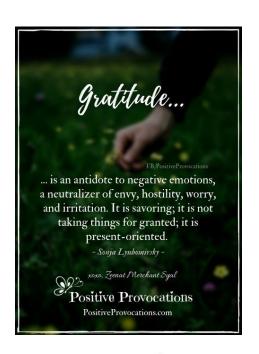
NOVEMBER 2021 MENTAL HEALTH MOMENT

THINGS TO BE GRATEFUL FOR

Coffee in the morning
Playlist on my phone
Friends around me
Families that love me
Soothing breeze
Sunshine and moonlight
A healthy body
A good book
A warm bed

OURMINDFULLIFE.COM

"THERE IS
A CALMNESS
TO A LIFE
LIVED IN
GRATITUDE,
A QUIET JOY."



PRACTICING
GRATITUDE
ALLOWS YOU
TO HAVE A
PREDOMINANT
HABIT OF
SEEKING &
FINDING THE
GOOD IN
YOUR LIFE.

@ I N N E R B E A U T Y S A V A C E

Be thankful for your life, spend time in nature, breathe deeply, let go of your worries, forgive yourself and others, and build your life around what you love.

livelifehappy.com

"I DON'T HAVE TO
CHASE EXTRAORDINARY
MOMENTS TO FIND
HAPPINESS — IT'S RIGHT
IN FRONT OF ME IF I'M
PAYING ATTENTION AND
PRACTICING GRATITUDE."

THE MORE YOU ARE IN A STATE OF GRATITUDE, THE MORE YOU WILL ATTRACT THINGS TO BE GRATEFUL FOR.

SELFMADELADIES.COM *



Gratitude is one of the most important human virtues & one of the most common human deficiencies. Gratitude does not develop without effort.

Develop without effort.