


# 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:



### 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](http://OURMINDFULLIFE.COM)

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

- Ralph H. Blum  
[ITSAALLYOUBOO.COM](http://ITSAALLYOUBOO.COM)

Gratitude...

FB/PositiveProvocations

... is an antidote to negative emotions, a neutralizer of envy, hostility, worry, and irritation. It is savoring; it is not taking things for granted; it is present-oriented.

- Sonja Lyubomirsky -

xoxo, Zenat Merchant Syal



Positive Provocations

[PositiveProvocations.com](http://PositiveProvocations.com)

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

@INNERBEAUTYSAVAGE

“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.”

BRENÉ BROWN

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

[SELFMADELADIES.COM](http://SELFMADELADIES.COM)

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](http://livelifehappy.com)

WHEN GRATITUDE  
BECOMES YOUR  
DEFAULT SETTING,  
LIFE CHANGES.

- Nancy Leigh Demoss -

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

Dieter F. Uchtdorf

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