

THANKFUL FOR GRATITUDE!



Starting your day off with gratitude!

Not only is November infamous for Turkey Day, but it is also an amazing month to reflect on all the positive aspects in your life and feel gratitude for those things!

What is Gratitude?

Gratitude is one of the many emotions we can feel throughout our day. Gratitude is when we pause and feel thankful for the things we have in life.

What do I have to show gratitude?

There are many things throughout your life that you can be thankful for! While it can be extravagant things like vacations, cars, and your finances, it can also be as simple as waking up, the ability to breathe, and the people who are close to you. Everyone has a reason to show gratitude!

How can I teach my children about gratitude?

For children, the best way to learn a new skill is by experiencing it themselves! You can teach your children gratitude by:

- Having them write a list of 3 things they are thankful for
- If your child isn't old enough to write yet, have them draw a picture!
- Model it to your children by stating what you are thankful for

How can I incorporate gratitude into my day?

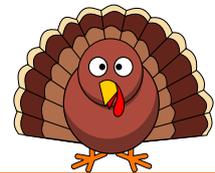
There are several ways to incorporate gratitude:

- When you wake up, immediately write or say 3 things you are thankful for
- When you start to feel overwhelmed, anxious, or any other not-so-good emotion, think of reasons to be thankful
- Start a gratitude journal to keep at your bedside to wake up and end your day with gratitude!

Create traditions with your family!

This Thanksgiving, start new traditions with your family by taking turns sharing one thing they are thankful for and one thing they are looking forward too. Not only is this practicing gratitude, but it is great family bonding time!

So, how are you going to show gratitude this Thanksgiving?



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If you are struggling with life stressors that are more than you can handle alone, seek help. Talk to a friend or someone you trust. Call our office or another mental health provider to set an appointment. Do you want you need to do to take care of yourself. You don't have to do this alone.

