PEOPLE INCORPORATED
MENTAL HEALTH SERVICES

SBMH Newsletter

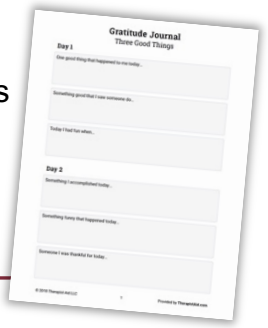
SCHOOL-BASED MENTAL HEALTH

NOVEMBER 2022

Much Appreciated

November is often associated with togetherness and being grateful or thankful for things. This month we are going to discuss gratitude, how it can benefit us and how we can put it into practice in our own lives.

Thank you, but what is it?



Gratefulness, thankfulness, appreciation. Gratitude means being mindful of and thankful for the positives in your life, big and small. Why does gratitude matter? Studies have shown habitual gratitude improves mood, self-esteem, and overall satisfaction with life. Looking for help starting your gratitude practice? Try this gratitude journal: https://www.therapistaid.com/therapy-worksheet/gratitude-journal-three-good-things

Thankfully, It's Good

Many studies have been done on Gratefulness, and a variety of those studies focused soely on how gratefulness can be beneficial. Researchers have found plenty of physical benefits such as lowering inflamation, slowing down degeneration of neurons, and a reduction in heart disease. It was also found that those who practiced gratefulness were more likely to make healthier eating choices, and engage in more body movement activities. Not only are there physical benefits, Gratefulness can even change your brain. Focusing on one or two things you are grateful for a day has shown to rewire our brain so that we can process and deal with stress better overtime.

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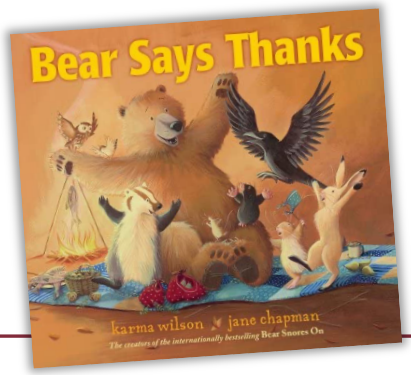
Book Recommendation

Bear Says Thanks by Karma Wilson

This is a book about a bear who is bored so decides to have a party. Upon finding he doesn't have the supplies; he gathers his friends who help and he makes sure to show his appreciation with a simple "Thanks!" This is a great book to help start a conversation with your younger kiddos about how thankfulness can build connections.



Art Corner: Gratefulness Alphabet

Challenge yourself to make a list of everything you can think of that you are grateful for using the alphabet as a prompt! Get as creative as you want.

Materials you need: A notebook or sketchbook and a writing tool.

Process: In a notebook, sketchbook, or posterboard, list the entire alphabet with one letter per line. For each letter name as many things you are grateful for that start with that letter. You can include people, places, things events, or activities. This is a great opportunity for families to work together as well.