

FRANKFORT SCHOOL DISTRICT 157-C

WELLNESS WEEKLY

GRATITUDE

Gratitude is "the practice of making space for appreciation," says licensed psychologist Snehal Kumar, Ph.D.

Benefits of gratitude for our mental and physical health.

1. Can help relieve stress
2. Makes you feel more positive emotions
3. Can help you calm down in tough moments
4. Strengthens your social relationships
5. Might help you understand others better
6. Might make you physically healthier
7. Can help you sleep better
8. Makes you less materialistic
9. Helps you recognize how much you have
10. Puts you at a lower risk of depression.
11. Promotes higher self-esteem.
12. Promotes a more positive outlook on life
13. Promotes selflessness
14. Can help you cope through emotional trauma
15. Might teach your brain to make altruism more rewarding
16. Neurologically speaking, the effects of gratitude might grow over time.

Gratitude is good for our bodies, our minds, and our relationships. according to Robert Emmons, the world's leading scientific expert on gratitude.

COVID-19 IMPACT

Positive emotions help broaden your thinking and attention and build your personal resources (i.e. boost your immune system and build resilience). Studies have shown that positive emotions can even undo the harmful effects of negative emotions on a physiological level. That's why practicing gratitude and upping your levels of other positive emotions (which is not to say "be happy all the time") can be beneficial during the coronavirus outbreak. Be gentle with yourself during one of the most stressful time periods in recent human history. Be grateful when you can have compassion for yourself and when you can't. Allowing yourself to feel all of your feelings is the greatest gift you can offer yourself right now. And when it comes down to it, you deserve as much gratitude for yourself as you give everyone else.

TIPS & RECOMMENDATIONS

[How to Teach Children to Be Grateful](#)

[DIY Gratitude Jar](#)

[The Gratitude Game](#)

Suggestions for ways to practice gratitude:

- Keep a gratitude journal · Focus on small random acts of kindness · Notice and remind yourself throughout the day of good things in your life · Create a gratitude jar and write down 3 things a day your grateful for-when full you can pull notes out to remind yourself of the good things in your life. · Keep a gratitude rock- find a rock you like. Carry the rock in your pocket or leave it on your desk. Whenever you touch it think of one thing you're grateful for · Create a gratitude tree- (great activity for kids) Place a tree branch in a vase using rocks or marbles to hold it in place. Then cut out leaves using different colored paper and hole punch one end. Write down things your grateful for on each leaf and hang them from the branches. · Create a collage using pictures of all the things you're grateful for

Ideas for kids:

- Draw a picture and give it to someone to say thank-you · Read a book about gratitude (i.e. The Thank-you Book by Todd Parr) · Pick a flower and give it to someone as a thank-you · Start or end dinner by having each family member state one thing they are grateful for · Write thank-you cards · Go on a gratitude walk-it's a great way to combine mindfulness, getting outdoors and bond with your child · Gratitude paper chain - cut out different colored strips of paper. Make sure the strips are long enough to create loops and have each family member write down what they are grateful for. Combine all strips to make a chain · Gratitude ping-pong- use a soft ball and pass it around to each family member. Each person states something they are grateful for as they pass it to the next person

