



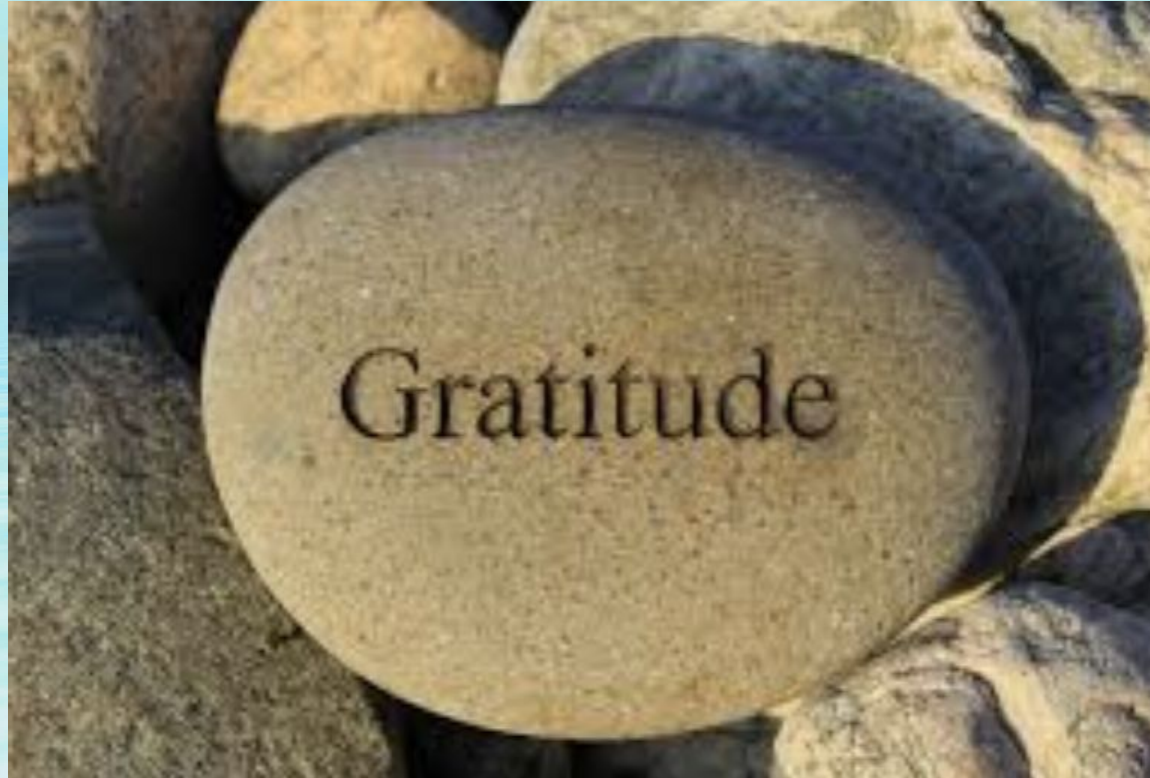
Counselor Connections

Happiness: Benefits of Gratitude
Counselor Zoom Meeting
Resources
April 2020



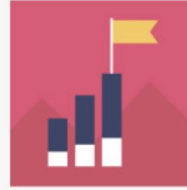
Happiness: Using Gratitude to Increase Happiness

(anytime, but especially in difficult times)



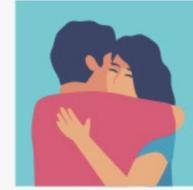
Why Gratitude?

Most people are struggling right now in one way or another. During tough times, it's often easy to forget about self-care but self-care is so important. One of the biggest ways to increase happiness and feel better, is gratitude. Science has proven that gratitude can help in MANY ways including:



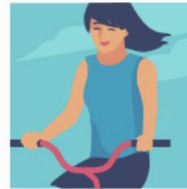
It conveys successfulness

- ✦ Expressing thanks suggests the person doing the thanking is successful



It improves relationships

- ✦ Expressing gratitude can increase feelings of belonging, decrease feelings of loneliness or isolation, and prompt us to be less aggressive and more generous, forgiving, outgoing, and compassionate



It promotes physical health

- ✦ Gratitude can result in a more positive life outlook and positivity, in turn, has been linked to greater immune health



It increases resilience

- ✦ Regularly practicing gratitude can help us cope with and recover from trauma, obstacles, and other negative events

Why Gratitude?

(cont'd)

It improves sleep



People who record what they're grateful for before bed:



Are more likely to fall asleep faster



Experience fewer sleep disruptions once they've drifted off to dreamland



Wake up feeling more refreshed



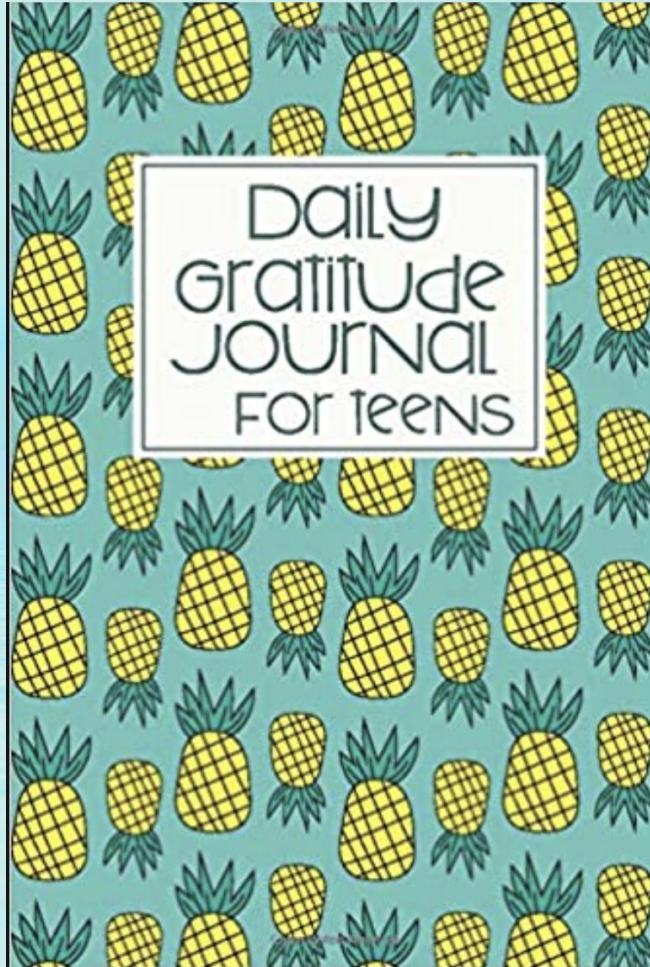
It boosts good feelings

- ✦ Gratitude is linked to a more optimistic life outlook, joy, happiness, and a heightened sense of positivity overall



It improves decision making

- ✦ Practicing gratitude can increase willpower and help us make thoughtful decisions



How to give Gratitude?

With gratitude being so good for your brain and well-being, finding a way to easily express it is essential. How might you do that?

Watch this short video (2 minutes!) to learn a great way to express your gratitude.

<https://www.youtube.com/watch?v=JMd1CcGZYwU>

How, When and Where to do a Gratitude Journal

How to do a gratitude journal: Write down *three* things every day that you are grateful for. Be specific. It doesn't need to be anything huge but writing something new and specific each day is the goal. For example, "I am grateful it was sunny out today so I could walk my dog".

When: The goal is to do it every day. Don't worry if you miss a day though. Just start back up the next day! Setting a daily reminder or a specific time (before bed, after dinner, etc.) each day can help too.

Where: In a notepad, online, an app. Whatever works for you!

Choose a **medium** that suits you



CREATIVE JOURNAL



NOTEPAD



PRIVATE BLOG



WORD DOC



JOURNALING APP

Rely on reminders



Attach your new journaling behavior to a visual cue

For example, decide that every time you do laundry, seeing clothes in the washer is your cue to journal



Or set an alarm to go off for a set time each day

Example Gratitude Journal Page

Weekly Gratitude Journal

<p><i>Sunday</i> _____</p> <p>1. _____</p> <p>_____</p> <p>2. _____</p> <p>_____</p> <p>3. _____</p> <p>_____</p>	<p><i>Monday</i> _____</p> <p>1. _____</p> <p>_____</p> <p>2. _____</p> <p>_____</p> <p>3. _____</p> <p>_____</p>
<p><i>Tuesday</i> _____</p> <p>1. _____</p> <p>_____</p> <p>2. _____</p> <p>_____</p> <p>3. _____</p> <p>_____</p>	<p><i>Wednesday</i> _____</p> <p>1. _____</p> <p>_____</p> <p>2. _____</p> <p>_____</p> <p>3. _____</p> <p>_____</p>
<p><i>Thursday</i> _____</p> <p>1. _____</p> <p>_____</p> <p>2. _____</p> <p>_____</p> <p>3. _____</p> <p>_____</p>	<p><i>Friday</i> _____</p> <p>1. _____</p> <p>_____</p> <p>2. _____</p> <p>_____</p> <p>3. _____</p> <p>_____</p>
<p><i>Saturday</i> _____</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	

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Chat with the Counselors

Q&A Chat time. The counseling team would love for you to join a school-wide “Q&A/Chat Time” with all of the counselors this Thursday, May 7th at 2pm. Click on this link to join the Zoom meeting:

<https://nsd.zoom.us/j/97116515340?pwd=U2pHYjZmTjFlMkNmSDlPcmRXZjErUTo9>

or Meeting ID: 971 1651 5340 password 2020

Resources

Teen Link: You're not alone. There is someone that's willing to listen to you without judgment. Teen Link is a program of Crisis Connection that serves youth in Washington State. Typically, teen volunteers take calls/texts/chats but adults are doing this instead right now. They are trained to listen to your concerns and talk with you about whatever's on your mind – bullying, drug and alcohol concerns, relationships, stress, depression or any other issues you're facing. No issue is too big or too small! Calls and chats are confidential. Talk it out! You can call in to speak with an adult staff member 24 hours a day

(866-833-6546). If you would prefer to chat or text in, feel free to do so *Tues-Sat from 2-10pm. Chat:*

<https://www.teenlink.org/>. Text: 866-833-6546).

See your Counselor ONLINE. Something new we added to the Skview webpage, if you or your parent/guardian would like to make an appointment with me, click on the link [Make an appointment with your counselor](#).

Email your Counselor. Please feel free to reach out to us. We're here to help!

Have a fantastic week!



*Seattle Japanese Gardens