

Thankful Tuesday

It may sound impossible but recognizing the things you are thankful for, even the little things, can be a huge mood booster! When we stop each day, even for a couple of minutes, and think about who and what we are thankful for it causes our brain to release feel good hormones, which encourages us to want to do it again and again. It's science!

Being thankful isn't just an emotion. It is also a way that we look at the world around us. It is how we treat others, ourselves and how we act. It can be hard to shift our thoughts from negative to positive, however when we can start practicing this, even just a little each day, it can cause a snow ball effect in your mind that can actually change how you view the things around you!

There are so many things that we cannot control right now and so many changes in our lives. Some are positive and some are less desirable however find comfort in knowing that you have the control and ability to practice thankfulness each day.

Tips:

Try to establish a flexible routine for your child. This might include a regular, but relaxed, time for waking and sleeping, and perhaps for meals and snacks. Playing and talking together can help everyone to feel more relaxed.

Keep it simple. There is a lot of information coming at us at once. You can help your child by breaking it down into more manageable parts and focusing on the things that are most important to them.

Activities:

Thankfulness Prayer - When you are gathered to eat a meal, have each person go around the table and share something they are thankful for. This can also spur wonderful conversation with you child or teen. You can use the prompts of "I am grateful for three friends, three things I hear, see, smell, etc." to help get the prayer started if people are having a hard time sharing.

Thankfulness Jar/box – Find a jar or box and some strips of paper. Have your child decorate it if they would like! Each day have your family write three things down that you are all thankful for. As time passes your jar will become more and more full! If you or your child is having a hard day, empty the jar and read through all the things you wrote down. This activity is a great way to shift our thinking and remind us of the things we are blessed with.

Gratitude Journal – Keeping a journal provides a safe opportunity for one to express and share their thoughts and feelings without judgement. By keeping a gratitude journal, you can encourage your child or teen to write down three things they are thankful for from their day. On days they are struggling encourage

them to read their journal. Sometimes we need a little help to see the good things around us. This journal can help prompt that.

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