

# Wellness Wednesday

November 6, 2024

## Show Gratitude

When people take what they have for granted, it's like they are placing constraints on how happy they can be. Gratitude helps us enjoy our privileges, the people in our lives, and material possessions. It's a way to be free of constraints on how much happiness we can derive from what we have. Gratitude is something you can practice by regularly taking time to run through a list of what you have and why you appreciate it. This will make you more likely to foster fulfilling relationships, sleep well, and feel well physically. We would love to hear what you are grateful for, so join us this Friday, 11/8/24, in the Commons during all lunches to complete a gratefulness leaf!



**It's a funny thing about life,  
once you begin to take note of  
the things you are grateful for,  
you begin to lose sight of the  
things that you lack.** Germany Kent

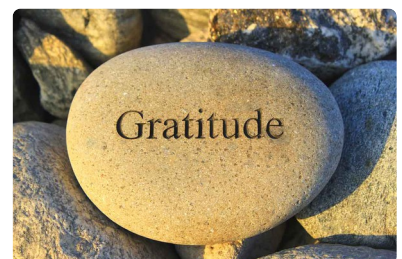
**GRATITUDE**

**PassItOn.com**  
THE FOUNDATION FOR A BETTER LIFE.

## Practicing Daily Gratitude

### 10 Ways to Practice Daily Gratitude

As Jon Kabat-Zinn says, "The little things? The little moments? They aren't little." Saying thank you, holding the door for someone, these little moments can change the tone of your whole day.



One of the most powerful ways to rewire your brain for more joy and less stress is to focus on gratitude. Here are 10 simple ways to become more grateful:

1. **Keep a Gratitude Journal.** Establish a daily practice in which you remind yourself of the gifts, grace, benefits, and good things you enjoy. Recalling moments of gratitude associated with ordinary events, your personal attributes, or valued people in your life gives you the potential to interweave a sustainable theme of gratefulness into your life.
2. **Remember the Bad.** To be grateful in your current state, it is helpful to remember the hard times that you once experienced. When you remember how difficult life used to be and how far you have come, you set up an explicit contrast in your mind, and this contrast is fertile ground for gratefulness.
3. **Ask Yourself Three Questions.** Meditate on your relationships with parents, friends, siblings, work associates, children, and partners using these three questions: "What have I received from



\_\_?", "What have I given to \_\_?", and "What troubles and difficulty have I caused?"

4. **Share Your Gratitude with Others.** Research has found that expressing gratitude can strengthen relationships. So the next time your partner, friend or family member does something you appreciate, be sure to let them know.

5. **Come to Your Senses.** Through our senses—the ability to touch, see, smell, taste, and hear—we gain an appreciation of what it means to be human and of what an incredible miracle it is to be alive. Seen through the lens of gratitude, the human body is not only a miraculous construction, but also a gift.

6. **Use Visual Reminders.** Because the two primary obstacles to gratefulness are forgetfulness and a lack of mindful awareness, visual reminders can serve as cues to trigger thoughts of gratitude. Often times, the best visual reminders are other people.

7. **Make a Vow to Practice Gratitude.** Research shows that making an oath to perform a behavior increases the likelihood that the action will be executed. Therefore, write your own gratitude vow, which could be as simple as "I vow to count my blessings each day," and post it somewhere where you will be reminded of it every day.

8. **Watch Your Language.** Grateful people have a particular linguistic style that uses the language of gifts, givers, blessings, blessed, fortune, fortunate, and abundance. In gratitude, you should not focus on how inherently good you are, but rather on the inherently good things that others have done on your behalf.

9. **Go Through the Motions.** Grateful motions include smiling, saying thank you, and writing letters of gratitude. By "going through grateful motions," you'll trigger the emotion of gratitude more often.

10. **Think Outside the Box.** If you want to make the most out of opportunities to flex your gratitude muscles, you must look creatively for new situations and circumstances in which to feel grateful. Please share the creative ways you've found to help you practice gratitude.

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# Gratitude

## JOURNALING PROMPTS

- #1. WHAT DOES GRATITUDE MEAN TO YOU?
- #2. WHAT DO YOU HOPE TO ACHIEVE BY PRACTISING GRATITUDE?
- #3. WHAT ARE 10 THINGS THAT MAKE YOU HAPPY?
- #4. WHAT ARE THREE THINGS THAT YOU CAN DO THAT INSTANTLY LIFTS YOUR MOOD?
- #5. WHO ARE YOU MOST GRATEFUL IN YOUR LIFE?
- #6. WRITE ABOUT ONE PERSON WHO HAS HAD A POSITIVE INFLUENCE ON YOUR LIFE.
- #7. WHAT SELF-CARE ACTIVITIES ARE YOU GRATEFUL FOR? HOW DO YOU SELF-SOOTH?
- #8. WHAT'S YOUR FAVOURITE FOOD? WHAT FOOD MAKES YOU FEEL REALLY GRATEFUL WHEN YOU EAT IT?
- #9. WHAT SMELL ARE YOU GRATEFUL FOR? WHAT SORT OF POSITIVE EMOTIONS DOES THIS SMELL PROVOKE IN YOU?
- #10. WHAT'S YOUR FAVOURITE COLOUR? WHICH COLOUR MAKES YOU FEEL HAPPIER?
- #11. WHAT DRINK MAKES YOU FEEL WARM AND COSY?
- #12. WHAT'S ONE WAY YOU GET TO MOVE YOUR BODY THAT MAKES YOU FEEL GREAT?
- #13. WRITE ABOUT A LIFE EXPERIENCE THAT YOU'VE LEARNED A HUGE LESSON FROM.
- #14. HOW DOES PRACTISING GRATITUDE MAKE YOU FEEL?
- #15. WHAT CREATURE COMFORTS ARE YOU GRATEFUL FOR?
- #16. WHAT ARE FIVE THINGS YOU LIKE ABOUT YOURSELF.
- #17. WHAT ARE THREE AWESOME SKILLS AND TALENTS THAT YOU POSSESS.
- #18. HOW DO YOU PLAN TO SHOW GRATITUDE TO OTHERS?
- #19. WHEN WAS THE LAST TIME YOU THANKED YOURSELF FOR BEING YOU? WHY WAS IT AT THIS PARTICULAR TIME?
- #20. WRITE ABOUT SOMETHING GOOD THAT'S HAPPENED TO YOU THIS WEEK.

Say "Thank You" - A Motivational Video On The Importance Of Gratitude

"SAY  
**THANK  
YOU**"

FEARLESS SOUL - ITUNES, SPOTIFY

*Travis Zen Den*



The Travis Zed Den is now open in the counseling suite!

Purpose of the Zen Den:

- Independent self-regulation
- Calming Space
- Time to de-escalate

The Zen Den is NOT designed for discipline concerns!

Students will be allowed to spend 25 minutes in the Zen Den when needed.

Teachers, if you have a student that needs time- please contact their counselor. We will let you know if/when the student can come. Please do not send students to the Zen Den unless a counselor has given permission.

Students may NOT use cell phones while in the Zen Den.

Please reach out to the counseling office if you have any questions!

# THE ZEN DEN



**Travis High School**

Travis is using Smore to create beautiful newsletters