

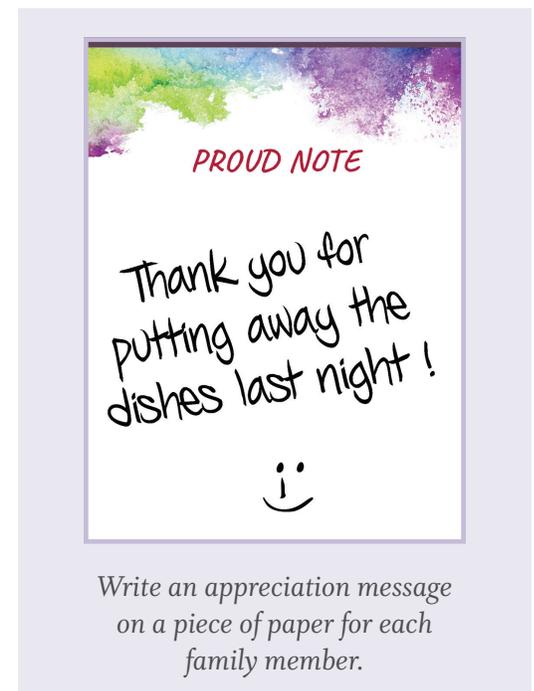
Importance of Gratitude

As we all face a new normal, gratitude can play a critical part for each of us. By expressing gratitude one can improve their mood, lessen anxiety, and increase positive emotions and happiness. Practicing gratitude toward ourselves, our family and friends on a regular basis improves our mental and physical health for those around us.

Keep in mind that being grateful and thankful are both positive feelings that are experienced during or after an event. Reflect on times when you have had positive feelings with your family, child(ren) or loved ones. How did you express the warm feelings you experienced?

In addition to ways that you have shown gratitude and appreciation, here are some other suggestions:

- Start your day by writing down one thing that went well for you yesterday.
- With a smile, say good morning to your family.
- Make breakfast together as a family.
- Smile more.
- Create a “no complaining day.”
- Compliment a family member who has been helpful.
- Be a good listener.
- Write an appreciation message on a piece of paper for each family member.
- Find a special TV show to watch together.



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- Reach out and call a friend to see how they are doing.
- Call a family member not living with you.
- Send a positive email to a friend.
- Email or text a note of appreciation to a friend or family member.
- Write a sticky note and put it someplace random to make someone smile.
- Draw a creative smiley face and leave it for a family member.
- Call or email a few people you are close to and let them know how they have impacted you.
- Say good night to each member of your family.

Studies have shown that expressing gratitude leads to other positive emotions, such as enthusiasm, inspiration, optimism, selflessness and increased self-esteem. Gratitude goes hand in hand with happiness.

The best way to build emotional resiliency is to maintain a positive outlook in life and express gratitude. During this challenging time, gratitude and kindness help to decrease anxiety. This is an opportunity for positive bonding and teaching our child(ren) resiliency skills.



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Draw a creative smiley face and leave it for a family member.