WELLNEWS

A MONTHLY WELLNESS NEWSLETTER

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Gratitude • Appreciation • Positive Connections

November is a great time to slow down and recognize the people, moments, and experiences that make a difference in our lives, to notice what is going well, and to see who is helping us get there.

Gratitude doesn't mean everything is perfect. It means learning to notice the good, appreciate the people who support us, and recognize the little things that can brighten our day, even during stressful times.

A simple thank-you, a kind word, or taking a moment to appreciate someone can help create a more positive and connected school community.

Remember: The people who help us are often the easiest to overlook.

Practice GRATITUDE

5 Ways to Practice Gratitude

1. **Write it down** — jot 3 things you're thankful for in your notes app or a journal.
2. **Say it out loud** — thank a teacher, coach, friend, or family member for something specific.
3. **Pay it forward** — hold a door, share a snack, or check in on someone who seems down.
4. **Look for the small stuff** — a good song, a warm meal, a laugh at lunch all count.
5. **Reframe the tough moments** — ask, "What is this teaching me?" or "Who helped me through it?"



DID YOU KNOW?

You can practice gratitude! Taking a moment to notice what you appreciate can help you reflect on positive experiences, recognize support, and build stronger connections with others.

LEARN MORE:

Gratitude is a skill, and it gets stronger with practice. Check out these resources to build calm, confidence, and connection this month:

- We R Native: Made by and for Native youth, with real talk on wellness, identity, and healthy relationships.
- Native American Heritage Month: Explore the stories, cultures, and strength of Native peoples this November.
- Smiling Mind: Free mindfulness and meditation for teens. Try one when you're stressed or can't focus.
- Insight Timer: Thousands of free guided meditations, including gratitude and sleep sessions, many under 10 minutes.

You don't need a perfect day to find something worth appreciating.