



**A Monthly
Virtual
Helping Tool**
*From ARCC Counseling
Services*

NOVEMBER TOPIC: Gratitude



Share it!
Contribute to our
Virtual Gratitude Board!
Click [HERE](#) to be directed to our
gratitude board and write
something you are grateful for.
Let's spread the positivity!

3 Good Things
This gratitude exercise asks you
write down three good things
from your day. Do this every
day. Regular practice of
gratitude improves well-being
and positive emotions.

Check out this [printable
gratitude journal](#) with simple
one sentence prompts for
cultivating gratitude in your life.

HOW GRATEFUL ARE YOU?
Quiz Yourself!
Check out this [Gratitude Quiz](#)
and see where you score!

When you finish the quiz, you
will also get information about
the benefits of gratitude and
find resources for cultivating
more gratitude.



**RESOURCE
CORNER**
*Check out these resources about
Gratitude:*

[Allina Health Change to Chill](#)
Great resources including [Gratitude
Mediations](#) and [Videos](#) along with
tools for giving yourself [Chill Breaks](#).

[Gratitude Apps](#)
This article list [nine of the best
gratitude apps!](#) Add more goodness
in your life and make it easier with
technology.

[Gratitude Journaling Event](#)
Student Development Dept.
Gratitude Journaling
Tuesday, Nov. 23rd 12:00 – 1:00 pm
Please register here:
<https://bit.ly/JournalingNov2021>

[Gratitude practice](#)
This quick read lists [10 ways to
incorporate gratitude](#) into your daily
life. It also shares a gratitude
mediation.

Crisis Resources
Suicide Prevention Lifeline:
800-273-8255
Texting Crisis line:
Text HOME to 741741
*For Spanish texting line text HOLA
to the same number.*

ARTICLE SPOTLIGHT

How Gratitude Changes You and Your Brain

Greater Good Magazine

[This article](#) shares research exploring how gratitude works to improve our mental health. Here are four findings from their research:

- **Gratitude unshackles us from toxic emotions**
 - Focusing on how grateful you are may make it more difficult to think about the negative experiences
- **Gratitude helps even if you don't share it**
 - Even just the act of counting your blessings can help you appreciate the people in your life and shift focus to positive things.
- **Gratitude's benefits take time**
 - Don't be discouraged if you don't notice an immediate change, these things take time.
- **Gratitude has lasting effects on the brain**
 - Practicing gratitude may help train the brain to be more sensitive to the experience of gratitude, and this could contribute to improved mental health over time.



What Gratitude is NOT

Gratitude practices are not meant to have people ignore negative emotions or avoid coping with life's problems. Gratitude can exist alongside many other emotions such as fear, sadness and anger. Exercising gratitude is not a standalone treatment for depression, anxiety or other mental health concerns. Gratitude can simply help to improve optimism, resilience and overall health.

Gratitude Workshop: Focusing on the Positive

Wednesday, November 17 at 1:00 pm

Presented by Allina Health. Please [click to register for the zoom session](#).



Research suggests practicing gratitude helps promote mental wellness, school success, generosity, and physical health. Learn how to re-frame your mind to focus on the positive and develop an attitude of gratitude.

Sponsored by ARCC Counseling Services

For appointments click [here](#) or
call 763-433-1100

For non-emergency questions email:

Counseling@anokaramsey.edu

