NOVEMBER TOPIC: Gratitude

RESOURCES 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 lists [nine of the best gratitude apps](#) to 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

**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.*

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**3 Good Things**
This gratitude exercise asks you to 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.

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**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.

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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!
How Gratitude Changes You and Your Brain

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