



Together We Are Safe, Together We Are Respectful, Together We Achieve

Wellbeing Wednesday #9

Each Wednesday we will be posting some exciting Wellbeing content for our community. This may include information about how you can support your children's and families' wellbeing, a snapshot on mental health issues currently prevalent in the community, or information about a local service in the area that might benefit you or your child.

This week's topic is Gratitude

What is Gratitude?

Gratitude is paying attention to the things that we have right now, and not worrying about what we don't have. We practise this by noticing the positives that exist around us. In 2021 we are surrounded by the media telling us how bad the world is, marketing advertising telling us we aren't good enough without their product and social media forcing us to constantly compare ourselves with all our peers. It can be very easy to fall into the negative bias, focusing on what's wrong with our days and lives instead of what is going well. Gratitude is about being aware of that, and taking time to appreciate the positives.

Why practise Gratitude?

The benefits of practising gratitude are nearly endless. People who regularly practice gratitude by taking time to notice and reflect upon the things they're thankful for experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems. Regular practice can lead to significantly improved mental health. Modelling gratitude for your kids will not only build healthy habits for them, but will also help you!

How do we practise Gratitude?

Gratitude doesn't need to be reserved only for momentous occasions: Sure, you might express gratitude after receiving a promotion at work, or winning an award, but you can also be thankful for something as simple as a delicious piece of cake, positive time with a loved one, sunshine, or your health. Research by psychologist Robert Emmons, shows that simply keeping a gratitude journal—regularly writing brief reflections on moments for which we're thankful—can significantly increase well-being and life satisfaction. You can buy journals online from the Resilience Project (link included below) or simply use an empty scrap book. A simple way to start is spend five minutes at the end of each day thinking about three things that have gone well that day.

Be social about your Gratitude practice

Our relationships with others are the greatest determinant of our happiness. So it makes sense to think of other people as we build our gratitude. Robert Emmons suggests that focusing our gratitude on people for whom we're thankful rather than circumstances or material items will enhance the benefits we experience. Sharing these moments with our loved ones can be powerful moments of love and connection. You might send a message or make a phone call to someone and let them know you appreciated something they did that day. You could write a gratitude letter to someone who had an impact on you whom you've never properly thanked. You could also share the day's grateful moments around the dinner table. The conversations that follow may give you even more reasons to give thanks.

For more information visit <https://www.happify.com/>, <https://theresilienceproject.com.au/shop/> or view the works of Martin Seligman. Alternatively contact Griffin Errey through the Woodville PS email or phone line.

Have a great week!

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