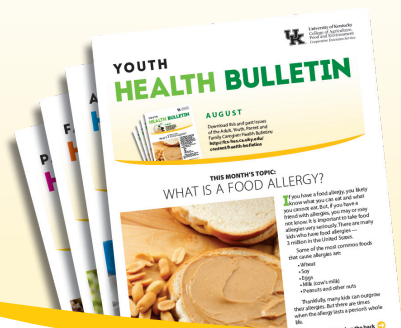




YOUTH HEALTH BULLETIN



NOVEMBER 2021

Download this and past issues
of the Adult, Youth, Parent, and
Family Caregiver Health Bulletins:
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THIS MONTH'S TOPIC:

THE GIFT OF GRATITUDE

Did you know the holidays are about more than presents and gifts? The holidays are about being thankful for the time together with family and friends. Turns out, that being thankful is actually a gift to ourselves! In fact, science has shown that practicing gratitude and being thankful keeps us healthy.

Gratitude is focusing on what is positive or good in our lives and being thankful for what we have. You can be thankful for having a place to live, food, clean water, friends, and family.



Continued on the back →



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Did you know that being grateful can boost your brain's ability to learn and make good decisions? Because it can.

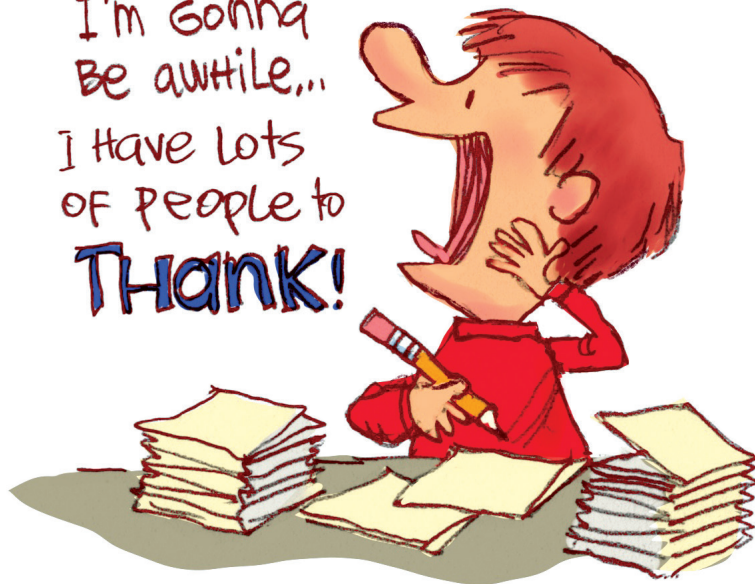
Practicing thankfulness can also make you feel happy, calm, less stressed, and loved. Your gratitude also can have a positive effect on someone else. When you express gratitude or appreciation for someone in your life, it creates a stronger bond and brings you closer.

Feeling grateful is not always easy. Sometimes we compare ourselves to those around us and wish we had what they had. Or we tend to focus on challenges and frustrations. But you can build a habit of gratitude by counting your blessings. Just as if you learn or develop a new skill through practice, you can learn gratitude by working on it a little bit each day.

Here are some ways to practice gratitude:

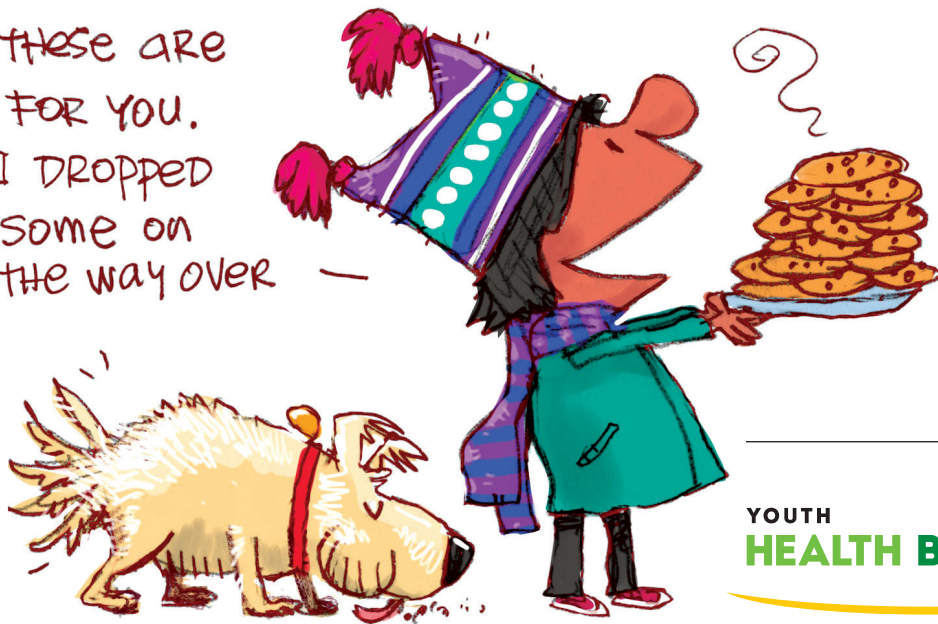
- Before you go to bed, say three things you appreciate about each other.
- When you find yourself feeling upset or frustrated, pause for a second. Think of something positive about the situation or think about something else you are grateful for.

I'm gonna
Be awhile...
I have lots
of people to
THANK!



- Share your gratitude with others by writing a note to someone you are grateful for. Or write thank you notes to people who have helped you.
- Spread kindness by helping someone in need, pick up garbage, visit a friend, volunteer, or give items to charity.
- Take turns at dinner sharing one amazing thing that happened from your day.

these are
for you.
I dropped
some on
the way over



REFERENCES:

- <https://kidshealth.org/en/teens/gratitude.html>
- <https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>
- <https://www.nationwidechildrens.org/family-resources-education/700childrens/2020/05/gratitude>

YOUTH
HEALTH BULLETIN

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