

CARING/COPING/CONNECTING

A newsletter from WRDSB Social Work and Psychological Services



AN ATTITUDE OF GRATITUDE

Believe it or not, it seems to be easier for ALL of us to notice **negatives** instead of **positives**. This tendency is an actual phenomenon called the NEGATIVITY Bias. The problem is that this tendency can **drag us down**. We miss seeing all the **GOOD THINGS** that happen, especially when those good things are just small parts of our day. We aren't grateful because **we haven't been noticing the things that we could be grateful for**.

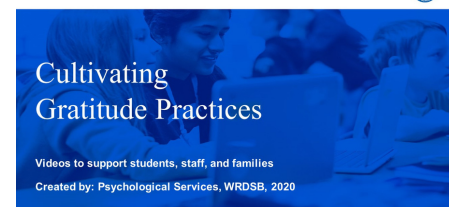
But here's the thing...there is TONS & TONS of research that shows that **noticing the positive, feeling grateful, and expressing gratitude** makes us **happier, healthier, and more able to tolerate stress & tough situations**. In other words, it increases our wellbeing!

See below for **some IDEAS** about how to bring more **GRATITUDE** & added **wellbeing** into your life.

- **Be on the lookout for POSITIVES**, especially small ones. When you see one, take a few moments to really notice & think (**or BE MINDFUL**) about that positive thing. Chances are the more you do this, the easier it will be to notice even **MORE** positive things. *(continued next page)*



Video of the month



These practices are supported by research and we encourage folks to give them a try! BUT, we also acknowledge that we all have different backgrounds and experiences. This may make your strategies and practices look different in your family.

RANDOM ACTS OF KINDNESS

Celebrate
World Kindness Day
on November 13th
by trying one of these
12 ideas!
(from The Kind Blog)



Community Events

Woolwich Counselling

- Parent workshop on strengthening our relationship with our kids
- Anxiety group for teens
- Cognitive Behavioural Skills group for Adults
- Learn about Boundaries and How to Set Them

- **Do something helpful or kind for someone else** -family, friend, or even a stranger. It doesn't have to be a big thing. **Big or small this is a powerful practice!**
- **Make a goal to say THANK YOU 5 times a day!** If someone says or does something you appreciate, tell them or thank them.
- Let the people in your life know that you appreciate them. This could be for something they have done or said. It could be just letting them know you are grateful that they are in your life!
- **As a family, have everybody take a turn saying something (or a few things) they are grateful for.** You could do this during a meal, a car ride, or anytime. These things can be something that happened that day or something more general.
- **ACT the way you want to FEEL.** We think that feelings cause or affect our actions BUT did you know that research has proven that **our actions can also create or change our feelings? SO, when we ACT grateful (or kind, or happy), we may actually start to FEEL grateful, kind, or happy).**
- When you notice you are feeling negative or starting to complain, **PAUSE. JUST BREATHE.** Then try to zone into positives from your day. Or share just one concern. **Try not to go overboard thinking about or saying every negative thing or complaint you may have.**
- **Keep a Gratitude JOURNAL.** Find a notebook or even just some post its or scrap paper. **Every day spend a few minutes to make a list of things you are grateful for.** These things can be big or small. You can even repeat the same things on different days too.

For more ideas or info, check out: [Gratitude activities listed on WRDSB@Home](#), [10 Tips for Raising Grateful Kids](#) (Child Mind Institute), & [How to Practice Gratitude](#) (Mindful.org)

*Remember, practicing gratitude is not a "one and done."
Try to make these practices a routine part of your life.*

Lunch & Learns with WRDSB Psychology Dept

Wednesdays 12:15 to 12:45 [Zoom Meeting link](#) Meeting ID: 544 193 0058 Password: WRDSB

Nov. 3: Supporting Your Anxious Child **Nov. 17:** Connecting With Your Kids: Validation

Nov. 10: Parenting Your Child with ADHD **Nov. 24:** Living with Teenagers

Previous Newsletters [Jan](#) (PDF), [Mar](#) (PDF), [Apr](#) (PDF), [May](#) (PDF), [Jun](#) (PDF), [Oct](#) (PDF)

Need some help?

Here 24/7: 1-844-437-3247

Kids Help Phone: 1-800-668-6868 or text "CONNECT" to 686868

Front Door: 519 749 2932, and press "1"

**For urgent matters call 911
or go to your local
emergency room**

We would love your feedback! Please click [SURVEY](#) to share your thoughts and ideas.
For more information about this newsletter contact Mary Murphy at 519-570-0003, ext. 4172.