

Community Coming Together (CCT) Newsletter

Cultivating an Attitude of Gratitude

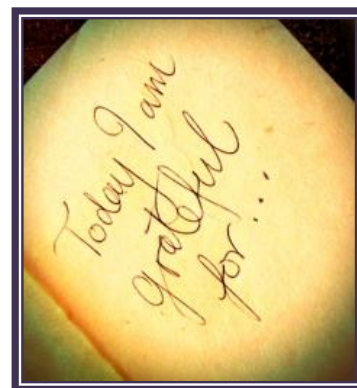
The motivational guru, Zig Ziglar has been credited for coining the phrase, "an attitude of gratitude," but what does it really mean? And why should we care? Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With

This month's theme is **Faith**

gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves. As a result, gratitude also helps people connect to something larger than themselves as individuals — whether to other people, nature, or a higher power.

In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.

People feel and express gratitude in multiple ways. They can apply it to the past (retrieving positive memories and being thankful for elements of childhood or past blessings), the present (not taking good fortune for granted as it comes), and the future (maintaining a hopeful and optimistic attitude). Regardless of the inherent or current level of someone's gratitude, it's a quality that individuals can successfully



cultivate further. Gratitude is a way for people to appreciate what they have instead of always reaching for something new in the hopes it will make them happier, or thinking they can't feel satisfied until every physical and material need is met. Gratitude helps people refocus on what they have instead of what they lack. And, although it may feel contrived at first, this mental state grows stronger with use and practice.

Here are some ways to cultivate gratitude on a regular basis.

Write a thank-you note. You can make yourself happier and nurture your relationship with another person by writing a thank-you letter expressing your

Upcoming Events

May 1: Resiliency

Acknowledgment Night: To be held at the Holy Family Parish Hall, 6:30-8:30 pm.

May 4: Move For Mental Health

Fun Run/Walk: see page 2 for more info or visit the website: <http://moveformentalhelath.weebly.ca>

Self-Care Fairs:

May 6: St. Mary's School, 11:49 am -12:49 pm

May 7: Notre Dame Academy, 11:10-11:45 am

May 8: McCoy High School, 11:06-11:44 am

May 14: Advisory Committee

Meeting, 10:30 am. Parents are welcome to attend this meeting at the Medicine Hat Catholic School Board Office.

"To speak gratitude is courteous and pleasant, to enact gratitude is generous and noble, but to live gratitude is to touch Heaven."

*Johannes A. Gaertner
1912-1996, Poet, Theologian, and Author*

"We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have."

Fredrick Koenig
1774-1833, Inventor

Cultivating an Attitude of Gratitude, Cont'd...

enjoyment and appreciation of that person's impact on your life. Send it, or better yet, deliver and read it in person if possible. Make a habit of sending at least one gratitude letter a month. Once in a while, write one to yourself.

Thank someone mentally. No time to write? It may help just to think about someone who has done something nice for you, and mentally

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thank the individual.

Keep a gratitude journal. Make it a habit to write down or share with a loved one thoughts about the gifts you've received each day.

Count your blessings. Pick a time every week to sit down and write about your blessings — reflecting on what went right or what you are

grateful for. Sometimes it helps to pick a number — such as three to five things — that you will identify each week. As you write, be specific and think about the sensations you felt when something good happened to you.

Pray. People who are religious can use prayer to cultivate gratitude.

Meditate. Mindfulness meditation involves focusing on the present moment without judgment. Although people often focus on a word or phrase (such as "peace"), it is also possible to focus on what you're grateful for (the warmth of the sun, a pleasant sound, etc.).

Source:

http://www.health.harvard.edu/newsletters/Harvard_Mental_Health_Letter/2011/November/in-praise-of-gratitude

FIRST ANNUAL HATS ON FOR MENTAL HEALTH

Come out to kick off Mental Health Week by participating in our 2K or 4K walk/run. Wear your silliest hat! Dress in green! Event is on, come rain or shine!

SUNDAY, MAY 4 - 1:00 PM to 4:00 PM
Kin Coulee Park, Bandshell

Individuals and teams welcome.

To register for FREE, go to <http://moveformentalhealth.eventbrite.ca>

Swag bags for the first 100 participants!

For more information, call (403)580-0147

Cool Door Prizes!

Community Resource Fair

This Event is Sponsored By Community Coming Together (CCT), a Mental Health Capacity Building Project with the Medicine Hat Catholic Board of Education, and our many generous community partners

Come join us for a walk or a run!

To kick off Mental Health Week, CCT is sponsoring a **2k or 4k fun run/walk** in **Kin Coulee** on **May 4** from **1:00-4:00 pm**. Wear a silly hat (in honor of Hats On for Mental Health) or dress in green (the color of mental health awareness). You can get more information from our website: www.moveformentalhealth.weebly.com or register for FREE online at <http://moveformentalhealth.eventbrite.ca>

1 in 5 Canadians will experience a form of mental illness at some point in their life.

- Canadian Institute of Health

2 in 3 people suffer in silence, fearing judgment and rejection.

- Canadian Medical Association