



Wellness

November mental wellness tips from the MCISD Mental Health Team

Let's Give Thanks

Practicing gratitude is a quality of being thankful and showing appreciation for what we have. At a time when many of us are struggling to adapt to consistent change, practicing gratitude is more important than ever. Expressing gratitude can improve your mood, increase mental strength, as well as increasing your quality of life.

So often we offer gratitude for others, but what are three things you appreciate about yourself?

Pick things that are meaningful. These can involve your personality, your qualities, your actions, or anything else directly related to yourself. Write these 3 attributes and have them be present and visible where you can see them daily. Whether it is in your office, or in your home, or in your car, let these serve you as a reminder of the incredible person you are. THAT is a lot to be thankful for.

Save the Date



November 12th

Technology and Mental Health: Strategies to Promote Mindful Tech Use

Click the Calendar to register **free** on Event Brite

Resources for you



shine



30 days of gratitude



take care of your mind

Questions?

Contact us:

734-322-2724



@MCISDMentalHlth

