

A little note from the counselling team



Showing gratitude! Easier said than done, especially when we're feeling low. Sometimes we just need to look at things a different in a different way to be able to recognize gratitude in our lives. The first step is to ! 📣 GET OUT OF YOUR HEAD 📣 !
Not only that, but it is important to say it out loud or write it down.

Situations are always way worse in our head than the reality. So yes, maybe you can't start by answering the vague "what am I grateful for in my life" because you feel like everything sucks right now. But there is always something- we've just got to find it; look at it from a different angle.

Below are some prompts to use when journaling or actively reflecting on what you can be grateful for in your life. Remember that these prompts are there to help you focus, to feel in control of your thoughts.

⚙️ Journal prompts for starting out your day ⚙️

- Today I am going to focus on...
- I am going to practice self care today by ...
 - Today I'm going to thank
 - I am good at
- Something that scares me is..... but im going to address it by
 - My best quality is...

⚙️ Journal prompts for the end of the day when reflecting back to earlier ⚙️

- Today was interesting
- I felt good about myself when....
- A positive thing I witnessed today was ...
 - I feel/felt grounded when
 - I had fun today when/with....
 - I was proud when ...
 - today i accomplished...

Have a great month,
Your counselling team; Lindsay, Chelsea & Heather