

Parent Talk

NOVEMBER 2022

Practicing Gratitude

With the season of gratitude upon us, we take time to pause and reflect on all there is to be thankful for. For someone living with a mental health condition (particularly teens), it can be tough to center yourself and take stock of the positives in life. Below, we offer some tips on guiding yourself or your child through this process during the holiday season.



Make A List

A great way to practice gratitude is to simply take some time to reflect and think. Try writing a list of people, things, or experiences in your life that make you happy or excited. Why do they make you happy or excited? Maybe it's cuddling with your cat, or playing video games, or hanging out with a friend. Aim to make a list of at least five of these things.

Have A Conversation

Who are the people in your life that you're most thankful for? A caregiver? A grandparent? A best friend? Make time to have a meaningful conversation with them about why they mean so much to you. Maybe you haven't seen them in a while and can make plans for a bonding activity together. Think back on your relationship with this person and all the memories you've shared. You could make a photo album. Try establishing a routine with them if you can't see them in-person every day.



Look To The Future

One of the best ways to build gratitude is to think about the days ahead. What are things in life you're excited for and looking forward to? Do you have tickets to a concert? What about holiday gifts? Maybe you have plans with a friend next week? Try to build milestones to look forward to and even start your own personal countdown for these things so that every day feels like a step closer.

Help Others

Especially near Thanksgiving, providing help to others in need can help build a sense of accomplishment and gratitude. It can be as simple as cheering up a friend who's struggling or even volunteering for a local charity. Try tying it to things you're interested in or enjoy. For example, if you love animals, why not make plans to help at your local animal shelter? Being a part of something significant can build a sense of thankfulness in your life.




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