

November Mental Health Moment: National Gratitude Month “Finding Joy in the Everyday”

November is National Gratitude Month — a reminder that thankfulness isn't just a feeling, it's a practice that can improve our mental and emotional health. Regular gratitude can reduce stress, strengthen relationships, and boost overall happiness.



Mental Health Spotlight

When we pause to notice what's going well — even in small ways — we train our minds toward optimism and resilience. Gratitude helps create a positive school and workplace culture where everyone feels seen and valued.

In schools, gratitude can be found in simple, everyday moments: a student's progress, a supportive teammate, or a quiet success that might have gone unnoticed. These small acknowledgments remind us that joy often lives in the ordinary.

Ways to Engage:

- **Create a Gratitude Wall or Tree:** Encourage students and staff to post one thing they're thankful for.
- **Start with Gratitude:** Begin meetings, classes, or family dinners with one “good thing” from the day.
- **Gratitude Notes:** Send thank-you cards or emails to colleagues, students, or caregivers.
- **Mindful Moments:** Pair gratitude reflections with breathing exercises to reduce stress.



“Gratitude turns what we have into enough — and helps us see the good that's already here.”