

FMS Counseling Office Newsletter

THIS MONTH'S THEME ~GRATITUDE~



What is Gratitude? Gratitude means focusing on what is good in our lives and being thankful for the things we have. The more we practice gratitude the healthier and happier we feel!

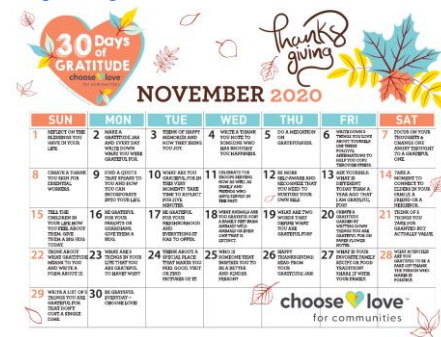
Steps to start practicing gratitude:

- 1) Start by noticing a person, place or thing you want to appreciate.
- 2) Think about the reasons you are thankful for this person, place, or thing.
- 3) Name the feelings and emotions you have about this person, place, or thing.
- 4) Act on ways you can show appreciation for this person, place, or thing.

Resources:

Click the link below to Choose Love Movement's 30 Days of Gratitude Calendar:

<https://chooselovemovement.org/30-days-of-gratitude-in-november/>



<https://www.bestow.com/blog/gratitude-games/>

Click this link for 30 games and activities to practice gratitude.

FREE Apps:

<https://gratefulness.me/>: This is a journaling app that teaches you how to love and care for yourself through the power of gratefulness.

<https://365gratitudejournal.com/>: An app that allows you to earn prizes and medallions for completing daily gratefulness challenges.

<https://www.thinkup.me/>: An app for affirmation, motivation, mindfulness, gratitude. Allows you to select affirmations, record them using your voice, and add your favorite music.

Parents/Guardians

COMMUNITY RESOURCES

Greater Tilton Area Family Resource Center: <https://www.gtafrfc.com/>
Riverbend Community Mental Health: (603) 934-3400 <https://www.riverbendcmhc.org/>
Health First Family Care Center: (603) 934-1464 <https://healthfirstfamily.org/>
Crisis Text Line: To reach a counselor 24/7 text: "HOME" to 741741

See attached page for community holiday and family resources.

<https://www.youtube.com/watch?v=JqxCfihxEVw>

Click this link for a Youtube video detailing how to turn in google classroom assignments.

<https://support.google.com/edu/classroom/answer/6388136?hl=en>

This link walks you through how to set up email summaries about your child's work in google classroom, including missing assignments.

<https://support.zoom.us/hc/en-us/articles/206618765-Zoom-video-tutorials>

This link takes you to a multitude of tutorials about using zoom.

PREVENTION IS KEY

With holidays fast approaching a great organization to be aware of is Friends of Forgotten Children : a 100% volunteer-run provider of food, clothing, and holiday gifts for low income and at risk individuals and families. focf-nh.org or call 603-753-4801

Information for quitting vaping or smoking:

Text "start my quit" to 855-891-9989

Text "ditchjuul" to 887-09

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