



# Wellness Wednesdays



## Focus of the Month: GRATITUDE

*"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings."*

—William Arthur Ward

Welcome to Wellness Wednesday! A space to give and receive information on topics related to self-care and overall wellness! It's important to remember that the foundation of self-care is recognizing how essential all aspects of "self" are: mental, physical, psychological as well as emotional. As you begin to cater to your social emotional needs don't forget self-care is not one size fits. It is unique to you as in individual. As we embark on this journey to wellness, there will be many stops along the way, each stop is an opportunity for you to learn more about yourself and your self-care needs.

## Self-Care Activities/Exercises that focus on GRATITUDE:

For the month of November, we are focusing on Gratitude! Below are 3 activities to consider that will remind us to be grateful.

**Gratitude Stroll:** Go for a walk and see how many positive things you can find. (i.e., the smell of freshly baked bread coming from the bakery, flowers growing on a windowsill, a cloudless sky, etc.)

**Gratitude Partner:** Find someone, it can be a friend or a family member, and share what you're grateful for with each other. You can feed off each other's ideas. In addition, if the other person knows you well, they can remind you of things you may be leaving out or things you've forgotten.

**Gratitude Trigger:** Place an object somewhere in your house or workspace which will remind you to feel grateful each time that you look at it. It can be a little sign that says "Thank You" hanging in front of your desk, or a door mat with the word "Welcome" written on it to remind you to be grateful each time that you arrive at home.

## Recommended by staff:

**Wellness and Mindfulness apps that you can download and use on your smartphones:**



**Happy Not Perfect**  
Be Mindful, Meditate, and Relax



## Featured Video Links that focus on GRATITUDE:

The first video link is being shared with permission from Angela Kiss, Principal, Sweeney School. Although Sweeney School was not able to share in their longstanding traditional feast this year, their school community decided to create a THANKFULNESS VIDEO made with lots of love and appreciation. Watching this video brought a smile to our faces and we hope it will do the same for you!!! We hope that you will enjoy it!

<https://drive.google.com/file/d/1lyaeZDh0uv4rPCDfs6FOPsiEXEwvdCEd/view?usp=sharing>

The following video link was shared by Megan Duffy, social worker from C.H. Barrows STEM Academy. The video is called: Grateful.

<https://www.youtube.com/watch?v=sO2o98Zpzg8>

## RECIPE OF THE WEEK:

### Pumpkin Smoothie:



- 1 cup milk
- 1/2 cup pumpkin puree
- 1/2 cup yogurt
- 1 tablespoon maple syrup
- 1/4 teaspoon pumpkin spice or cinnamon
- Splash of vanilla
- 1 frozen banana

### **Instructions:**

Combine all ingredients in a blender and blend until smooth. If the smoothie is too thick, add a touch more milk or even a little water. Enjoy!



**Just a friendly reminder...**

Please remember to share ideas, feedback, and relevant images to [WellnessWednesdays@windham.k12.ct.us](mailto:WellnessWednesdays@windham.k12.ct.us). We want to hear from you, and we hope that you find these resources helpful!