

Gratitude

DECEMBER NEWSLETTER | HEALTH AND MIND CLUB

The word gratitude is derived from the Latin word gratia, which means grace, graciousness, or gratefulness (depending on the context). In some ways, gratitude encompasses all of these meanings. Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible. With gratitude, people actually acknowledge the goodness in their lives. In that process, people usually recognize that the source of that goodness lies at least partially outside themselves. As a result, being grateful also helps people connect to something larger than themselves as individuals – whether to other people, nature, or a higher power.

Gratitude is a social emotion. It is a relationship-strengthening emotion because it requires us to see how we've been supported and affirmed by other people. It allows us to celebrate the present and be good to the people who have done good for us.

People feel and express gratitude in multiple ways. They can apply it to the past (retrieving positive memories and being thankful for elements of childhood or past blessings), the present (not taking good fortune for granted as it comes), and the future (maintaining a hopeful and optimistic attitude). Regardless of the inherent or current level of someone's gratitude, it's a quality that individuals can successfully cultivate further.

BENEFITS OF GRATITUDE

- 1 **Better sleep**
- 2 **Better health**
- 3 **Greater willpower**
- 4 **Improved self esteem**
- 5 **Better relations**
- 6 **Improved self care**

When we practice gratitude on a regular basis, it not only impacts our mental and physical health, but those around you. Being thankful and showing appreciation for what we have. At a time when many of us are struggling to adapt to a new normal, practicing gratitude is more important than ever. Gratitude helps us regulate our emotions. When we focus on the good in our life, the components making us feel sad or worried are minimized. Appreciating what others do for you diminish the feelings of loneliness and disconnectedness.



THE SCIENCE – FEEL HAPPIER



In one study involving nearly 300 adults seeking counseling services at a university, one randomized group wrote a gratitude letter each week for three weeks. The gratitude group reported significantly better mental health (compared to the control group) at follow-up, 12 weeks after the last writing exercise. Another type of written gratitude practice is counting blessings or “Three Good Things.”

A study of this practice found that people who wrote down three things that had gone well in their day and identified the causes of those good things were significantly happier and less depressed, even six months after the study ended.

The three good things exercise

Every night, before sleeping, note down three things that you are grateful for. Include what you did to make an impact on yourself and others around you, why it made you happy and why you think the event happened. The events you choose can be large or small.

In my case, three things that I am grateful for are:

1. I played the guitar today and it distressed me and improved my mood. I am thankful I spent my time wisely.
2. I have loving and hardworking parents who help me and always make sure I am feeling happy and I am thankful for them.
3. I am grateful for being a part of the HnM club where I get the opportunity to showcase my skills.

This exercise will make you understand yourself better and will improve your self worth, which will eventually make you happy!



POST PANDEMIC GRATITUDE

It's 2022. Two years since the global pandemic had taken over the world. With the relaxation of restrictions, it sure does feel like we're back to normal. The streets are bustling with life, classrooms buzzing with chatter and suitcases are packed and loaded for our travels after two long years.

But it's the little joys in life that truly count as blessings in this post-pandemic world.

I'm grateful for the close-knit bond I now have with my family and friends, for the pandemic made me realize that we can only overcome challenges when we are in this together. I'm also very grateful for all the free time we had in quarantine because I was able to get back to many hobbies that I had dropped.

The pandemic has also made me, and many others, more conscious of our health. Taking good care of my physical and mental health, exercising and self-reflection has helped me grow into a newer, livelier version of myself. Recently, the highlight of my day is seeing the smiles of people around us without masks. Nothing beats seeing someone smile. It helps create stronger bonds with others and lasting memories that we will cherish forever.

But the most precious treasure that the pandemic revealed was our Community, one that is stronger than ever before, united for one cause, weaved together by imperishable bonds.

It dawned upon all of us how each and every individual contributed in unsung ways. The heart-warming unity among people, the instinctive urge to aid others selflessly, and the will to overcome such unprecedented times.

GRATITUDE DIARY'22

IN 2022, WHAT DO YOU FEEL GRATEFUL FOR?



I'm grateful for all the new beginnings, opportunities, and challenges that have molded my perspective towards life and made me look forward to every new day! Having great health, resources, and support to accomplish my goals is something I owe immense gratitude to.

Anjasi Gosalia 12C

I'm grateful for my elder brother, ever since I can remember he has been my biggest inspiration and my mentor. With our significant age gap, not a lot of people would expect us to have such a close relationship but we defy the odds in that aspect. He makes even the tough times bearable and has never been shy to point out my mistakes for me to learn from them and not a day goes by where I don't learn something new from him.

Dinkar Nayyar 11M

Obviously, I'm grateful to my friends and family, they all mean the world to me, and I love them all. But I'm grateful for so many more things, like the beach, books, and most of all music. I'm so grateful to all the people with enough ideas and imagination to write books and make music. I'm grateful for most of the people around me, they have been wonderful and bearable (for the most part). I'm grateful to this club and its members and lastly, I'm grateful to myself.

Divya Gupta 10D

I'm extremely grateful for my family and friends who stuck by me this entire year. They've truly filled my life with so much joy and excitement, turning every regular day into an amazing one. My pets Luna (dog) and Brownie (cat) have always been a great source of happiness for me as well. I am thankful for everyone who has been a significant part of my year and for giving me a chance to have 2022 to call my own.

Shivangee Nair 9D

It's been a breakthrough year, everything is back to normal and we're able to go out with family and friends again! I always used to go to the supermarket with my dad to pick up groceries before COVID, but since then, we haven't been able to do our "mini weekend outing" together, and now that we can, I look forward to going out every week with my dad and taking a break from the hustle! I am grateful for my parents and the fact that we are once again able to find joy by going out!

Maryam Amtul Qavi 11D

[Click here to read all the entries on our website!](#)





BACK TO BASICS






Anxiety Disorder

Many people are under the impression that anxiety and anxiety disorders are the same. Occasional anxiety is a normal part of life. Many people worry about things such as health, money, family problems, etc. Anxiety disorders are a far more serious problem than regular anxiety. Anxiety disorders differ from normal feelings of nervousness or anxiousness and involve excessive fear.

What are some signs?

1. Anxiety may come up unexpectedly, for seemingly no reason.
2. The anxiety response to a situation or problem may be much stronger than they would expect.
3. They may experience a lot of unrealistic anxiety, such as fear of a situation that likely will never happen
4. Anxiety may last for a long time, even when the situation or problem has been resolved.

How can we treat an anxiety disorder?

-  **Get help early:** Anxiety, like many other mental health conditions, can be harder to treat if you wait. So, if you are experiencing any of the symptoms, immediately seek help.
-  **Stay active:** Participate in activities that you enjoy and that make you feel good about yourself. Enjoy social interaction and caring relationships, which can lessen your worries.
-  **Live a healthy lifestyle:** Exercise regularly and eat a healthy, balanced diet.



DECEMBER HIGHLIGHTS



ALL I WANT FOR CHRISTMAS



Festivities highlight the things we must be grateful for, and this gratitude increases our sense of well-being. Health & Mind Club organized an activity for students and teachers to mark the month of gratitude and remind the student community to be thankful this festive season.



CONNECTED COMMUNITIES-THRIVING STUDENTS



On the occasion of UAE's 51st National day, the students of the H&M club participated in the celebrations by putting up a Well Being stall which aimed to promote mental and physical well-being and build meaningful connections within the school community.

CREDITS

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