EPAS NEWSLETTER

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EDUCATIONAL PSYCHOLOGY ADVISORY SPECIALISTS (EPAS)

Appreciate

Even at the best of times, being grateful and growing a thankful state of mind takes work. As a species, we have become very good at focusing on risks and negatives to help us survive for hundreds of thousands of years!

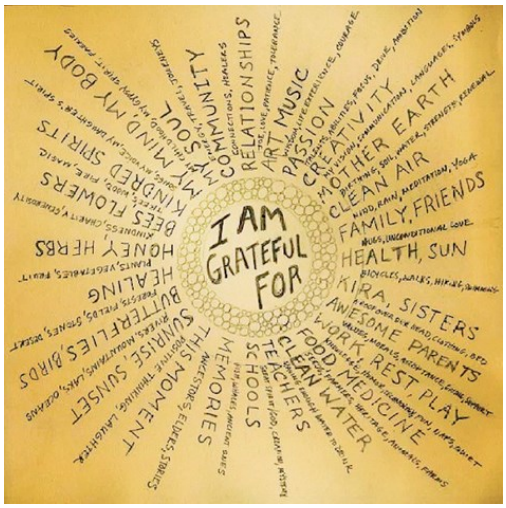
We don't always need to be in this 'survival state' and focusing only on the negatives can actually be harmful to ourselves and others.

During the recent pandemic, we have all been more 'at risk' of focusing on our worries, concerns and the things that have been out of our control. We have been living through a lot of uncertainty, and this can make everyone feel unsettled and worried.

One way to tackle this is a simple practice called 'gratitude'. Many of us practice this as part of our traditions and daily lives anyway, so it's nothing new under the sun. We say thank you if someone helps us, we remember the good times if we lose something or someone, and we notice what we admire about others.

Research shows that people who practice being grateful each day are more likely to be physically healthy, happy, calm, confident, understanding of others, good sleepers, able to connect with others and more able to cope in difficult life situations. We can train ourselves to spot the positives more easily by doing a short activity each day which reminds us of what we are thankful for.

As a family, what have you been grateful for during the last few



weeks? It's important to remember that, even in tough times, we can almost always find something that makes us thankful. It can be as simple as a telephone conversation with a loved one.

As we move towards our return to 'normal' life, take some time each day to focus on what you appreciated.

You could try keeping a 'gratitude diary', write a thank you letter, mentally 'thank' someone or meditate.

For more information and ideas about gratitude visit:

https://www.headspace.com/

https://positivepsychology.com/gratitude-exercises/

https://kidshealth.org/en/teens/gratitude-practice.html