



Focusing on Gratitude

Studies have shown that the benefits of gratitude can include an increase in happiness, lower blood pressure, a decrease in heart rate and better connections with family and friends. Here are some tips for cultivating gratitude:

- Keep a gratitude journal and make at least four entries each week about things for which you are grateful.
- On a daily basis, thank those around you.
- Keep a gratitude jar. Write something for which you are grateful a few times a week and add it to your gratitude jar. At the end of the year, open the jar and reflect on all you have in your life.
- Take time to thank the closest person to you for being who they are and all they bring to your life.
- Send thank you notes to five people this month who have greatly impacted your life in a positive manner.

Updates from Services at Student Health

- Student Health Services is facilitating the following group sessions:
 - Coffee & Candid Conversations with Counseling on Nov. 17, noon -1 p.m.
 - Self-Compassion video review and discussion on Dec.1, noon – 1 p.m.Both group are offered via Zoom and in-person. Please RSVP with SHS at 570-558-4290 or via e-mail.
- Student Health Services recently distributed a quiz on Gratitude for a chance to win a gratitude journal. Deadline to enter is Nov. 13!
- A December quiz will be sent on the topic of Self-Compassion with a chance to win self-care items.
- The winners from October's resiliency quiz are: Carly Deter, Rick Hiciano, Anthony Marchlewski and Sydney Shade. Congrats!! Each student won a \$5 gift card.
- **EXPANDED HOURS:** Students have the opportunity to schedule evening sessions with Kyle on Tuesday and Thursdays - last appointment is at 7:30 p.m.

THE STAFF

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Please call our office if interested in services ▶ ▶ ▶

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Student Health Services

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Office Hours: M-F 8 a.m.-4:30 p.m.