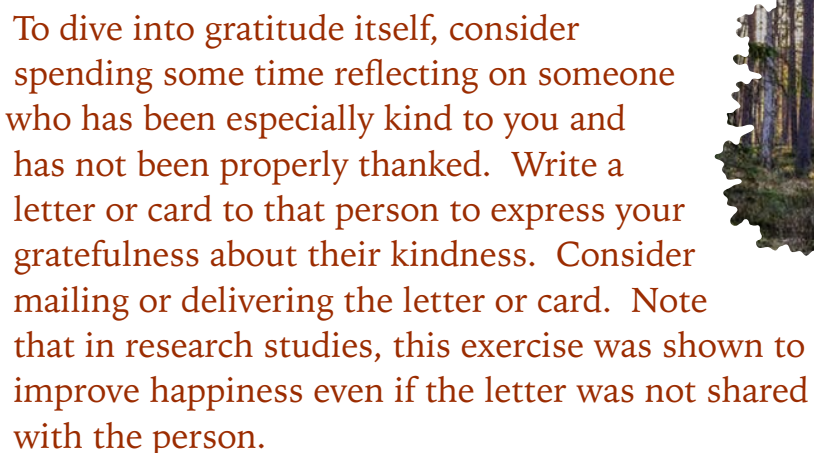
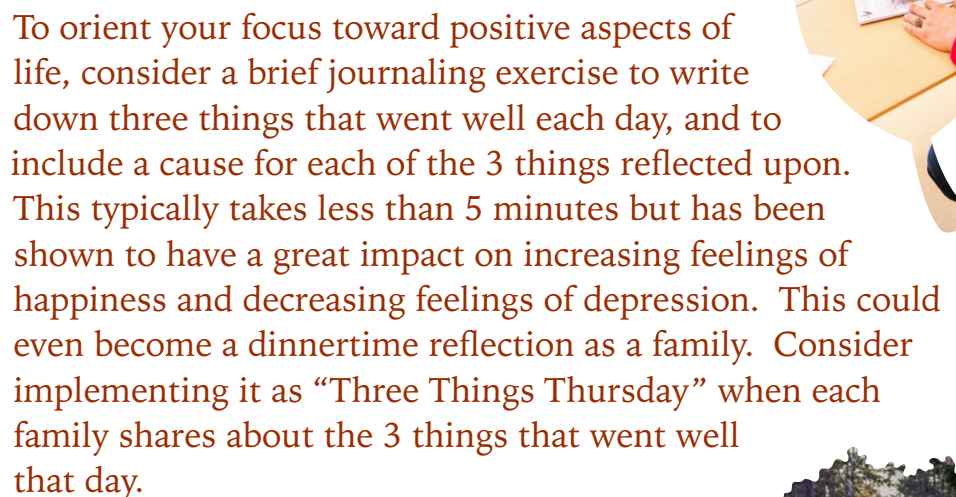
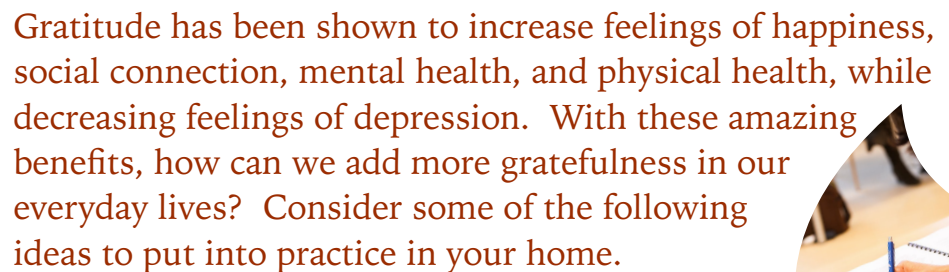


Word of the month: Gratitude



1



grateful for. Getting into a focus on the present moment can help calm our racing thoughts that can sometimes get stuck in past issues or worry about potential future situations. Bringing attention to the present moment, being outdoors, and connecting with loved ones can all add benefits to the practice of selecting things that we are grateful for.

Consider the words of the Apostle Paul to the Colossians when he wrote “Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.” Consider that he joins peace, social connection and thankfulness together in these statements. As research in psychology continues to demonstrate, an attitude of gratitude and thankfulness has been shown to decrease worry, increase happiness and deepen our connections to one another. Use this verse throughout the month as a reminder of the power of gratitude for yourself and your family.



“Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.”

— Ralph Waldo Emerson

COUNSELOR CONNECTION

Reach out to your school or to the LCS main office at (407) 644-4692 or lcsfl.com to connect to your school's counselor for additional support and resources on this or other topics.

MISS A MONTH? Did you miss one of the newsletters?

Find them all here: <http://lcsfl.com/news-reources/newsletters.html>

Car conversations

Whether in the car, at the dinner table or grocery store line, here are conversation ideas to build this quality in your child.

Devote yourselves to prayer, being watchful and thankful. – Colossians 4:2

At a spontaneous time, say a family prayer aloud by using a watchful eye to share what you are thankful for around you. Consider it an “I spy” game for gratitude and prayer!

When sibling rivalry or other conflict arises in your home, challenge each party to come up with 3 things they are grateful for about the other party. Parents have to play this “game” too!

Talk about a character from a book or movie that experiences hardship and is also grateful for things. Try to name additional things that character can be grateful for.

Gratitude Challenge

Share the statement “I am grateful for _____ because _____.” Write it on a slip of paper (younger children draw a picture) and add it to a family gratitude jar. Add to it & review it spontaneously or regularly, as fits your family.



**Lutheran
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(407) 644-4692 or lcsfl.com