



MENTAL WELLNESS MATTERS

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A MONTHLY NEWSLETTER FOR DOOR COUNTY STUDENTS & FAMILIES

November 2022

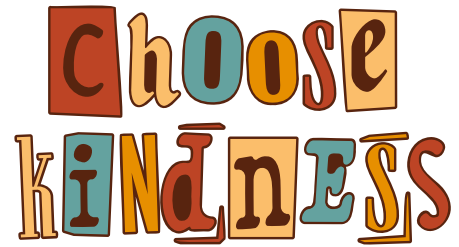
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Salutations!

Each month (October-May) your school will distribute this newsletter to share mental wellness information and resources.

STRIDE's mission is to remove barriers for Door County youth, and their families, when accessing mental health information & services. While we cannot remove all barriers, we can work to strengthen our families & communities by bringing a trauma-informed approach to our daily work with youth.

Better Together,
The STRIDE Team



Empathy, thoughtfulness, compassion- just another way to say kindness. World Kindness Day, **hosted November 13th each year**, is a global holiday that promotes the importance of being kind to each other, to yourself, and to the world. One act of kindness can brighten a person's day and even boost your own happiness.

What are some of the things you can do to celebrate this day to show kindness to those around you? Many things! It's does not have to be grand gestures to make an impact to someone's day. A simple smile when walking past a stranger, a compliment to a coworker, writing a nice message on the receipt at the restaurant, or reaching out to a family member you have not seen in a while.

Doing nice things uplifts others but can also have a positive effect on your own mood. Studies show that acts of kindness can boost a person's mood, improve self-esteem, and reduce feelings of isolation.

So celebrate World Kindness Day on November 13th by doing something to brighten someone's day!



Did you know that gratitude can make people happier? It's that time of year again, where we start thinking about gratitude and all of the things in our life that are blessings. Here are some prompts to help you along the way. Grab a pencil and paper or just sit in a quiet spot for five minutes while reflecting.

- 🍁 A strength of mine that I am grateful for:
- 🍁 Something that comforts me that am grateful for:
- 🍁 One thing I take for granted that brings me joy is:
- 🍁 One good thing that happened to me this week:
- 🍁 One tradition in my life I appreciate:

([HTTPS://WWW.MENTALHEALTH.ORG.UK/EXPLORE-MENTAL-HEALTH/KINDNESS/KINDNESS-MATTERS-GUIDE](https://www.mentalhealth.org.uk/explore-mental-health/kindness/kindness-matters-guide))

