

Wellbeing - The Resilience Project (Part 2)

Dear parents & carers,

This week's presentation from [The Resilience Project](#) focuses on Gratitude.

Gratitude is paying attention to the things that we have right now, and not worrying about what we don't have. We practise this by noticing the positives that exist around us.

Research shows that practicing gratitude rewires our brains to overcome the negativity bias (which can lead to anxiety and depression) and see the world for what we are thankful for. It is also shown to broaden thinking, and increase physical health through improved sleep and attitude to exercise.

View Part 2 of the series here:

Part 2 - Gratitude:<https://theresilienceproject.com.au/2023-parent-carer-hub-inspire-hugh/>

There are many ways in which you can practise gratitude, including starting a gratitude journal. You can simply use a notebook to list three things that went well for you each day, or use a more comprehensive [Wellbeing Journal](#), like those created by The Resilience Project.

Source:[Psychology Today](#)

For mental health resources and support information, visit [The Resilience Project's Support Page](#).

Kind regards,
Jarod Bacon
Principal