

# MAY IS MENTAL HEALTH MONTH

*Join North Central Health Care for a month of tips, tricks and activities prioritizing YOUR Mental Health & Well-Being.*



## Gratitude Attitude

Did you know that practicing gratitude can help improve your mood and overall well-being? By taking the time to appreciate the good things in your life, you can shift your focus away from negativity and increase feelings of happiness.

Our thoughts have a powerful impact on our mood, behavior, and overall well-being. Negative self-talk and limiting beliefs can hold us back from reaching our full potential and enjoying life to the fullest. Reframing our thoughts and cultivating a positive mindset can help us overcome challenges, build resilience, and improve our mental health. Consider reframing negative thoughts.

This week, let's shift our focus towards discovering opportunities to enhance our gratitude and positivity.



### REFRAMING YOUR MINDSET

#### IF YOU THINK...

I have to go to work

I'm so bad at this

I'm so stressed

I never have enough time

I'm so tired

I'm so bored

I can't do this

#### TRY THINKING THIS INSTEAD

I get to go to work and contribute to something

I may not be perfect, but I can learn and improve

I'm feeling challenged, but I can handle it

I have the power to prioritize my time and make it count

I'm looking forward to getting some rest and feeling refreshed

I have the opportunity to explore new things and be curious

I may struggle at first, but I have the ability to figure it out

### APPLICATIONS FOR INCREASING GRATITUDE



#### 3 Good Things

Boost positivity, practice self care, and increase well being with the habit of gratitude!



#### Gratitude Journal + Affirmation

A self-care tool to help you focus on your mental health.



#### 365 Gratitude

Your secret weapon to increase focus on the good in your life.

**Additional Resources Online:** [norcen.org/MentalHealthMonth](http://norcen.org/MentalHealthMonth)

## WEEKLY CHALLENGE:

# Gratitude Journaling

Gratitude journaling is a simple yet powerful practice that involves reflecting on and writing down things you're grateful for. This practice has been shown to have numerous benefits for mental health, including reducing stress, improving mood, and increasing overall well-being.

**By focusing on the positive aspects of our lives, we can cultivate a greater sense of appreciation and resilience.** This week, try completing the prompts below and consider incorporating gratitude journaling into your daily routine.

**MONDAY** WHAT MADE YOU SMILE TODAY?

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**TUESDAY** WHO ARE YOU GRATEFUL FOR IN YOUR LIFE?

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**WEDNESDAY** WHAT'S SOMETHING THAT YOU ARE PROUD OF?

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**THURSDAY** WHATS SOMETHING YOU'RE GRATEFUL FOR ABOUT YOURSELF?

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**FRIDAY** WHAT EXPERIENCE HAVE YOU HAD THAT YOU'RE GRATEFUL FOR?

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