



A lot of people struggle with stress this time of year. Things may seem rushed and there can be more pressure to attend events with friends and family. Between multiple social gatherings, an excess of holiday sweets and the expectation of purchasing gifts, it's no wonder families feel stress during the holidays.

How can you cope? One idea is to spend time practicing gratitude with your family. Studies show just thinking about what we're grateful for can improve physical and mental health. Gratitude can help:

- Increase energy levels
- Boost self-esteem
- Build and improve relationships
- Reduce stress

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## Making gratitude a habit

There are many activities you can try as a family to teach children about gratitude. First, start conversations about the importance of reflecting on the things they're grateful for. Challenge your children to come up with different things each day. For example, you might ask them to think about people they're thankful for one day, and about school topics the next. It can be fun to brainstorm all the different kinds of things we're grateful for.

## Here's a few others to try:



**Gratitude journals:** **Write down** a few things each that you're grateful for. It can be meaningful to go back through the pages later and remember all you appreciated in the past.

**Sharing at meals:** Take a moment at the beginning or end of a meal together to name something each person is grateful for.



**Gratitude Jar (Available in English and Spanish):** Encourage everyone in your house to write or draw something they're grateful for on a scrap of paper and put it in a jar or other see-through container. Read each piece together at the end of every week.



**New traditions:** There's no right or wrong way to express gratitude! Whatever helps your family share with one another can be beneficial.



**Your Gratitude Chart**

Every day this week, have each family member write or draw one thing they're grateful for in the same space. Put a completion sticker on the end of the week, like a star or a flower!

MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

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Need help getting started? We have a fun activity page you can download (in **English** and **Spanish**) to help you navigate the holiday season. Fill out things everyone in the family is grateful for throughout the week.

Although gratitude doesn't immediately change the busy, hectic holidays, it might help us remember things that are wonderful, bright and beautiful during stressful times.

**Taking a moment to notice the good and hopeful parts of life can benefit your family's mental wellness.**

Don't forget to share how you're using *On Our Sleeves* resources. Hit the **reply button** to tell us your *On Our Sleeves* story.

Sincerely,  
Wolfson Children's Hospital

The mission of *On Our Sleeves* is to provide every community in America access to free, evidence-informed educational resources necessary for breaking stigmas about child mental health and educating families and advocates. **For more information, visit [OnOurSleeves.org](https://OnOurSleeves.org).**

To access educational resources and revisit the mission of *On Our Sleeves*®, visit [wolfsonchildrens.com/onoursleeves](https://wolfsonchildrens.com/onoursleeves).

Wolfson Children's *On Our Sleeves* is made possible by Robert and Margaret Hill.



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