GRATITUDE & PERSPECTIVE

Perspective is how we view the world and situations around us, and can be formed based on our experiences, beliefs, attitudes, and assumptions. **Gratitude** is the act of acknowledging and being thankful for the good things in our life or others' lives, even in challenging situations.

PRACTICING GRATITUDE AND PERSPECTIVE IN YOUR DAILY LIFE CAN HELP...

- **Boost your self-esteem**
- **Increase empathy** (for others & yourself)
- **Keep you in the present**
- **Increase resilience**
- **Minimize rumination** (when your mind keeps replaying the same negative thoughts over & over)

Practicing gratitude and perspective does not mean you need to ignore your feelings and pretend everything is fine. It is important to create space for both appreciation and difficult circumstances to coexist. **"Toxic Positivity"** is a phrase used to describe dismissing or minimizing negative emotions with too much positivity, preventing feelings from being recognized. While gratitude, perspective, and positivity are important in overcoming adversity, feelings need to be explored and acknowledged first.

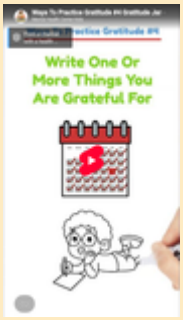
INSTEAD OF...
"Other people have it much worse."
TRY...
"What you are going through sounds really hard."
BECAUSE...
No one should feel guilty about their feelings because of comparison.

INSTEAD OF...
"Everything happens for a reason."
TRY...
"What is happening is really tough."
BECAUSE...
Justifying mental health because of a "hidden purpose" down the road doesn't acknowledge the pain of right now.

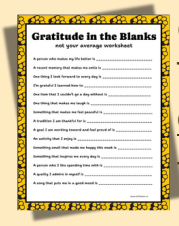


RESOURCES

THE MENTAL HEALTH COALITION Explore the **Gratitude: Mental Health Benefits & How to Practice | The Mental Health Coalition**, with digital post wall, tools, and playlists for expressing gratitude.



Learn how to make your **own gratitude jar**, where you can write down little moments of gratitude every day



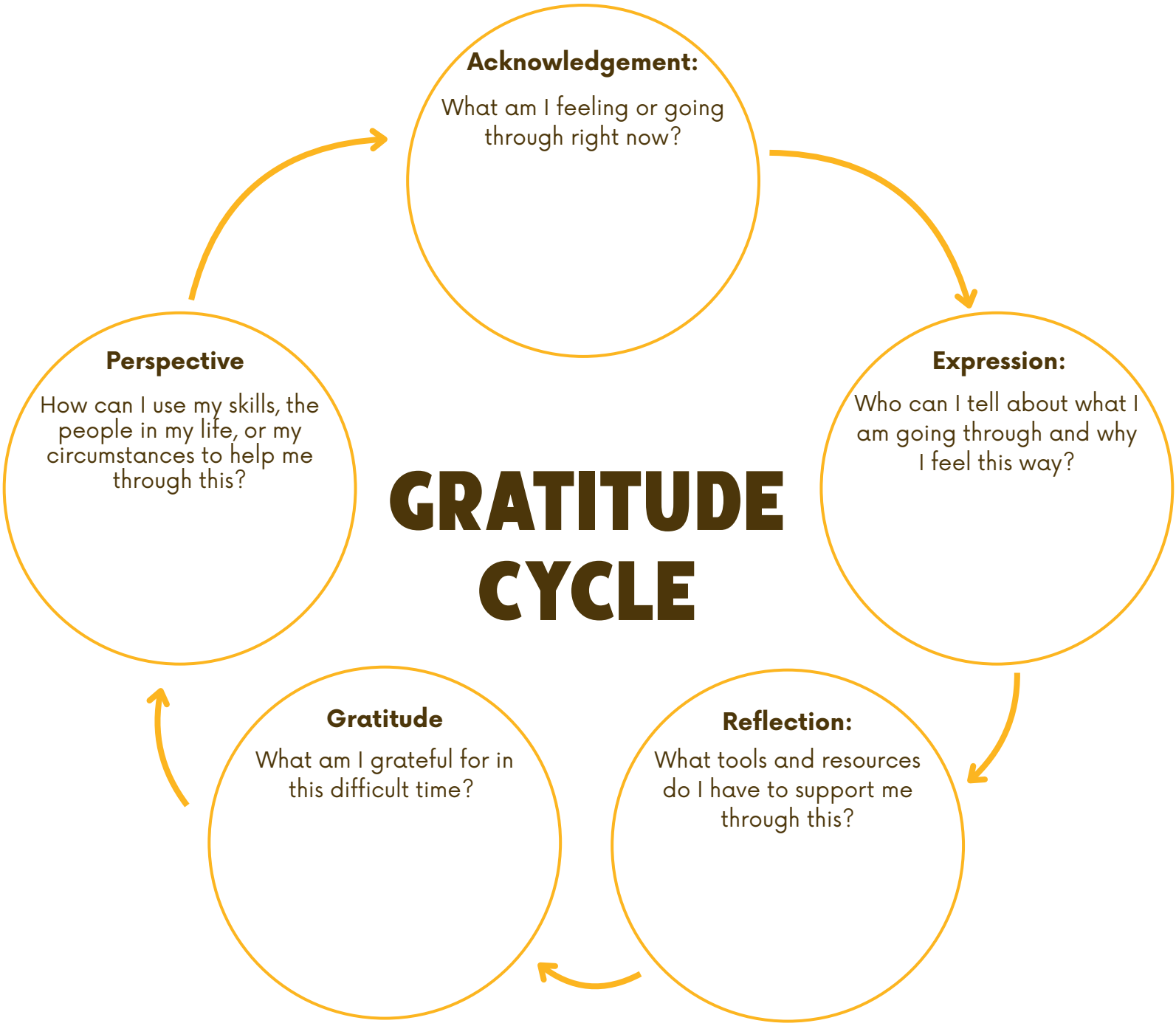
Check out the Grateful Together: **Teen & Grown-Up Gratitude Journal worksheet** to explore gratitude in your life.

988 SUICIDE & CRISIS LIFELINE

988 is the Suicide & Crisis Lifeline, offering free 24/7 support for mental health emergencies.

ACTIVITY:

Showing gratitude and having perspective is an important practice to learn. Think of something you are going through right now and move through the gratitude cycle below. Talk through each of these with a friend or adult and write down your responses to the questions.



Life is full of challenges, so practicing gratitude is a cycle to be repeated whenever you need!

Follow for more resources!
@freeyourfeelsga

"Free Your Feels" is a mental health awareness campaign encouraging Georgia's young people to explore their real **feelings** and **free** them fearlessly.

ACCESS MORE RESOURCES AT FREEYOURFEELS.ORG