



KANE COUNTY  
MENTAL HEALTH COUNCIL

*making a difference ...together*



## Message of the Month

November 2015

[www.kanecountymentalhealth.org](http://www.kanecountymentalhealth.org)

Twitter: @KCMentalHealth

### Kane County Mental Health Council

- The Association for Individual Development 630-966-4000
- Aunt Martha's Youth Service Center 630-859-6562
- Ecker Center for Mental Health Services 847-695-0484
- Family Counseling Service of Aurora 630-844-2662
- Family Service Association of Greater Elgin Area 847-695-3680
- Gateway Foundation/Aurora 630-966-7400
- Greater Elgin Family Care Center 847-608-1344
- Kane County Health Department 630-208-3801
- League of Women Voters 630-365-2138
- INC Board 630-892-5456
- National Alliance on Mental Illness, DeKalb, Kane-South, Kendall Counties, Inc. 630-896-6264
- National Alliance on Mental Illness Kane County North 847-410-9719
- Northwestern Medicine Delnor Hospital 630-208-3000
- Presence Mercy Medical Center 630-801-2657
- Presence St. Joseph Hospital 847-931-5521
- Senior Services Associates 847-741-0404
- Suicide Prevention Services 630-482-9696
- TriCity Family Services 630-232-1070
- VNA Health Care 630-978-9835

## Gratitude

As Thanksgiving rings near we are reminded to count our blessings. This can be difficult to do with the hustle and bustle of the holidays (...so many meals to prepare, decorations to display, gifts to buy!). As we make our way through the season, it is important to take time to step back and reflect on all we have to be thankful for. So many meals to prepare means we are able to feed our family. All the decorations to display mean we have a place that provides us shelter and safety. Having gifts to buy means we have people in our lives to love and celebrate. Food, shelter, and loved ones... it does not get much better than that. My challenge for all of you is to take this feeling of gratitude and embrace it well beyond the season. Research has demonstrated that individuals whom are more grateful in their day to day are happier, sleep better, work harder, experience fewer health problems, and communicate more in their relationships. Here are some ways to foster gratitude.

**Keep a gratitude journal.** Set aside time every day to write down three to five things that you are grateful for. These can be anything you found pleasure in, something someone did for you, something you did for yourself/ someone else, etc. Acknowledging these actions and feelings on a daily basis help you to shift your attitude to one of acceptance and gratitude.

**Change your self-talk.** So often we find ourselves grumbling under our breath and fixating on the undesirable. When we focus on these negative thoughts we are more likely to feel negative. Changing how you talk to yourself can make a positive impact on your mood.

**Use visual reminders.** Write what you are thankful for on your bathroom mirror. Hang a gratitude reminder on the fridge. Place sticky notes with words of gratitude strategically around your office. This will prompt you to be more attentive to affirmative experiences.

**Meditate.** Take time to experience the present moment without judgment.

**THANK YOU** for taking time to read this.

*Catrina Hinkle, MA, LCPC, Greater Elgin Family Care Center*

### Info Corner:

[http://www.health.harvard.edu/newsletter\\_article/in-praise-of-gratitude](http://www.health.harvard.edu/newsletter_article/in-praise-of-gratitude)

<http://www.forbes.com/sites/amymorin/2014/11/23/7-scientificallly-proven-benefits-of-gratitude-that-will-motivate-you-to-give-thanks-year-round/>

<https://www.psychologytoday.com/blog/fulfillment-any-age/201005/giving-thanks-the-benefits-gratitude>