



**You are valued.** You have to try to keep the positivity in yourself.

A positive mindset can boost your mood and improve your mental health.

A thankful outlook helps us to focus on the positives in life, even when things aren't going well. This is hugely beneficial to our mental health and wellbeing. The role of gratitude in relation to our mental health is important because if we are grateful for what we've got, rather than feeling disappointed because we don't have everything we like. Being thankful boosts contentment and happiness. Even the intensity of physical pain is reduced by counting our blessings instead of our burdens. As the positive frame of mind associated with gratefulness reduces stress and anxiety. It can also lead to better sleep. Gratitude improves our resilience because it gives us a broad perspective, when things don't go the way, we had hoped. Pause to notice each positive experience as it happens.

When life delivers a series of disappointments, we struggle to feel thankful. Let your emotions out, we can't be happy all the time. Acknowledge any support you have through this difficult time and be sure to ask for help if you need it. Be grateful for negative outcomes as well as the positives you enjoyed. Consider good things as a gift to be treasured and enjoyed.

If its difficult, don't beat yourself up. Its human nature to focus on obstacles in life because of the challenges of overcoming them. Practising gratitude helps us to think more positively and overcome those challenges. Enjoy all the little things.



A shaker stepper card was made in the October craft session. Two parts to learn in one card, a little tricky, still, an achievement.

#### Dairy Dates

PC: Thursday 2nd November from 1.30pm-4pm

Coffee Morning: Monday 6th November from 10.30am at The Folk Cafe

CPSG Speaker Meeting: Thursday 16th November from 2pm-4pm + a Bring 'n' Share

Both meetings at Southgate Community Centre



Art on Wednesdays at 10am

Virtual Coffee Morning on Saturdays at 10am

**Embrace life's little pleasures and everyday moments of joy**

For more details call 07724 187774 or email [info@chronicpainsupportgroup.co.uk](mailto:info@chronicpainsupportgroup.co.uk)  
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