"Piglet noticed that even though he had a very small heart, it could hold a rather large amount of gratitude."
-Winnie the Pooh

Why should we practice gratitude?
In the midst of Coronavirus, you might find it easier to focus on the negative, rather than the positive things in life. It is okay to acknowledge these feelings, but make sure you take some time everyday to practice gratitude for the people, places, & things you are thankful for.

Practicing gratitude helps you manage your stress levels, which reduces system inflammation. This means that in addition to the mental health benefits of practicing gratitude, those who do so may also experience improved immune function, better sleep, & less chronic pain.
How do I practice gratitude?
Create time for yourself. This may be at the beginning or end of your day, or even during your lunch break! Use this time to think about what you are thankful for. Write it down on paper, in a journal, or in your phone notes.

How can my family practice gratitude?
At dinner time, or another time when your family is together, go around the table and have everyone share their "peak and pit" of the day. This is the best and worst part of the day. This will help everyone reflect on what they are grateful for and spark great conversation.

Don't force it.
We are living in unprecedented times. Even after the times of covid, you may have days where expressing gratitude is hard. That is okay. Practice self care first. Listen to your body and don't minimize your struggle.

FOOD BANKS
New Prospects Baptist Church
3rd Saturday 8-11AM
Christian’s Place Mission
3rd Saturday 10AM-12PM
Dilworth Church of God
4th Saturday 9AM-12PM
Mission of Hope
2nd & 4th Thursday 7:30-9AM
St. Mary’s Episcopal
Tuesdays 8:30-10:30 AM
Mt. Vernon Baptist
3rd Saturday 9-11AM
Parrish First Baptist
3rd Saturday 8-11AM
Sumiton Church of God
4th Thursday 7PM
Westside Baptist
2nd & 4th Thursday 10 AM-12PM

HOT MEALS
infoamyraisingarrows.com
(205) 530.9911
PICKUP MON-FRI
11:30 AM
Cordova City Hall
Curry High School
Sumiton Senior Center
Jasper Civic Center
Jasper Housing Authority
Oakman Senior Center
Sipsey Community Center

HELP LINES
Crisis & Suicide (205) 323.7777
or text SHARE to 741741
Teen Line (205) 323.LINE
Kid Line (205) 328.KIDS
Senior Talk Line (205) 328.TALK
Youth Peer Support text or call (205) 328.5465
Dial 211 for more support.

LOCAL RESOURCES
Call (205) 302.0801
Visit www.wacf.org