



# SCHOOL NEWSLETTER

PRACTICING GRATITUDE IN THE TIME OF COVID 19

July 2020



"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

[info@myraisingarrows.com](mailto:info@myraisingarrows.com)

(205) 530.9911

**PICKUP MON-FRI**

**11:30 AM**

Cordova City Hall

Carbon Hill Community Center

Mt. Vernon Baptist Church

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.LINK

**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](http://www.wacf.org)