

# Counselor Corner

November, 2024

TODAY I AM

Grateful  
for ...  
♡

@THEGODDESSPSYCHE

## Updates from the RSD Counselors

- If looking to refer a student for any mental health services at RSD, please fill out the form below, which can also be found on the district counseling website:  
[https://docs.google.com/forms/d/e/1FAIpQLSf8i5XH5SShojxRcFImfB68YO5dLkane3TS9tWXStgt\\_Rcghg/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSf8i5XH5SShojxRcFImfB68YO5dLkane3TS9tWXStgt_Rcghg/viewform?usp=sf_link)

## Gratitude

Did you know that November is National Gratitude month? This is celebrated each year, and with Thanksgiving approaching, it serves as a great opportunity to practice positivity, happiness, and appreciation towards ourselves and the blessings we have. Below are some tips you can use to practice gratitude:

- **Self-reflection.** Think about all that you DO have and not worry about what you do NOT have. Make the best of your current situation and manifest abundance by appreciating all that you have.
- **Create a gratitude journal or vision board.** Jot down or find pictures of things that you are thankful for. Read it often and display the vision board to help keep you focused on being optimistic. This will boost your mood in recalling the positive things that you encounter in your life.
- **Share a smile or hug.** This is one of the easiest things you can do to elevate your mood and the moods of those around you. A smile can be contagious in spreading good vibes.

*The most beautiful way to start and end the day is with a grateful heart.*