

Monthly Newsletter

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Dear Saint Peter Community,

This month we explore gratitude (giving thanks). Giving thanks is a way of expressing gratitude or showing appreciation. By being thankful we are acknowledging the simple things are meaningful to us and showing kindness to others. Gratitude helps us feel more positive emotions, relish good experiences, improve our health, deal with adversity, and build strong relationships. We feel and express gratitude in multiple ways such as kind words and acts. There are many ways we can show gratitude. Start by giving something small to those closest to you for no reason at all - just to show that they are on your mind; show your thanks to the world with an ear-to-ear smile and help spread that yummy feeling. Your grin is contagious, not just to others but to yourself as well. So, even if you are having a bad day, try to smile at as many people as you can; it will encourage you to reflect on the things you are truly grateful for; or you can even simply write a note of appreciation to anyone.

