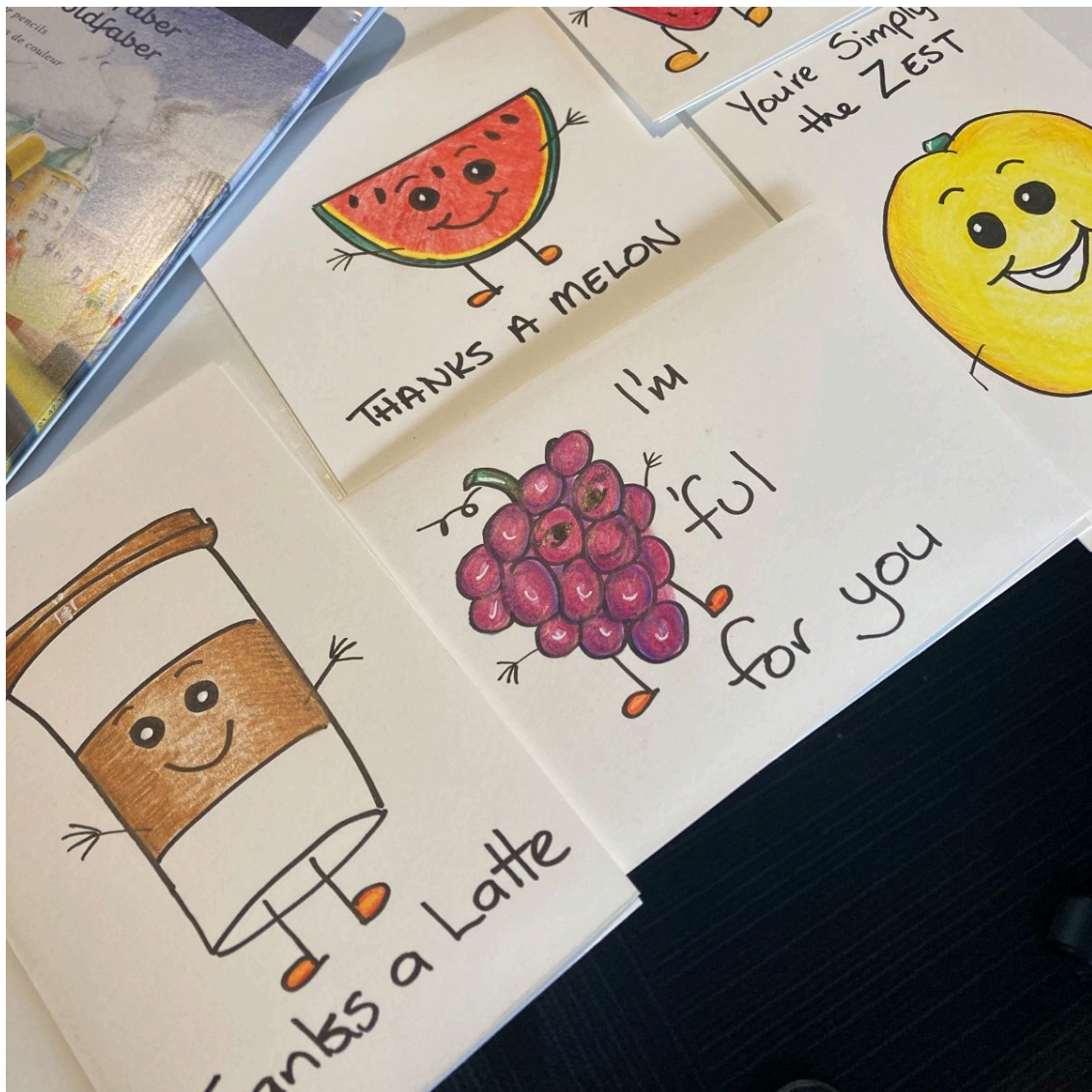


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This week the team at Strong Minds are getting involved in Gratitude Week by participating in team activities that help us to express our gratitude in a variety of ways. These include placing things we are grateful for on our Gratitude Tree at each clinic, or sharing home made cards with a buddy.

Read below for 7 evidence-based benefits of engaging in Gratitude:

1. Gratitude opens the door to more relationships

2. Improves physical health
 - People who are grateful experience less aches & pains & on average, are more likely to have regular check ups at the doctors
3. Gratitude improves psychological health
 - Practicing gratitude improves positive thoughts reducing symptoms of depression and anxiety
4. Enhances empathy & reduces aggression
 - Studies have shown that people who practice gratefulness are less likely to retaliate in a confrontation and have more patience
5. Improves self esteem
 - Gratitude reduces social comparisons
6. Increases mental health strength
 - Gratitude reduces stress & assists people to foster resilience
7. Experience improved sleep
 - A 2011 study showed that people who wrote a gratitude journal before going to bed slept better & longer

Something we are grateful for in the last week is that we have welcomed our first Occupational Therapist to the team - Welcome Anne-Marie!

Thank you to you all for taking some time to read our thoughts this week, and for being a part of the Strong Minds community!

Lisa & Ross and all the Strong Minds team

Appointments Available



Appointments Available

We are pleased to share that we have availability to offer bookings for the following services and locations:

Intervention

Psychologist (Provisional) - Yarra Junction, Warragul & Telehealth

Occupational Therapist (Mental Health) - Warragul & Telehealth

Counsellor - Yarra Junction & Telehealth

Assessment

Psychological - Yarra Junction & Warragul

Occupational Therapy - Yarra Junction & Warragul

Positive Behaviour Support

Positive Behaviour Support plans, training, care team support, reviews – Yarra Junction, Warragul & Telehealth

We will be contacting families on our waiting lists to offer appointments, but if you would like to take up an opportunity or find out more information, call our team direct on 03 5967 1438 or send an email with your request to smpteam@strongminds.net.au

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Past Issues

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team & community, or ideas for how to boost mental health



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