



## Educational Resources

### Gratitude: Not Just for Thanksgiving Anymore 🎃✨

Sure, we've all been there — sitting around the Thanksgiving table, awkwardly saying what we're thankful for (while eyeing the mashed potatoes). But here's the thing: why save all that good gratitude energy for just one day a year?

Turns out, *practicing gratitude regularly* is kind of a life hack. It's been shown to boost **mental, physical, social, and spiritual health** — yeah, all of them. Feeling more connected, sleeping better, stressing less, and even being more motivated to hit the gym? That's gratitude in action.

When we focus on what we *do* have (instead of what we don't), we start seeing the good stuff all around us — and it can actually make us *happier overall*. Science backs it up: gratitude helps reduce comparison, improves self-esteem, and even strengthens friendships. Bonus: it releases feel-good chemicals like **oxytocin, serotonin, and dopamine** — aka the same stuff that makes puppies, playlists, and pumpkin spice lattes feel so amazing.



### Challenge of the Month

#### Join the Owls Wellness Lifestyle Challenge!

Starting **October 1, 2025**, students can take part in the Owls Wellness Lifestyle Challenge on **Goosechase**. Complete fun missions each week to build healthy habits, earn points, and compete for prizes.

The **top winners will be announced in December**, so don't miss out! Scan the QR code below **to find out how to play!**

[Link here](#)

or



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### Wellness Tip

#### Ways to practice:

**Gratitude journal:** Keep a journal to write down things you are thankful for each day to shift your perspective towards the positive.

**Gratitude letter:** Write a letter to someone who has impacted you positively

**Gratitude meditations:** Engage in meditations that focus on gratitude to reinforce positive feelings. You can think of a time you felt gratitude, reflect on that time in your mind, and experience it again as though you were enjoying it right now.

**Gratitude visits:** Spend time with someone you appreciate and let them know that

**Revisit and reframe past events:** making meaning and finding gratitude in difficulties helps us grow

**Daily practice:** say "thank you," to others and be grateful for yourself



### Upcoming Events

Let's Talk: Wednesdays 2-3 in the Burrow

Well-Track Boost (self-help app for mental health prevention and wellbeing): <https://fau.welltrack-boost.com/>

Out of the Darkness Walk - join your fellow Owls to raise money and awareness for suicide prevention. November 1, 9am