



‘TIS THE SEASON FOR
GRATITUDE



GRATEFULNESS IN HEART AND MIND

While it may look different right now – no high fives, hugs or handshakes, we can still show others that we value them; we can still appreciate the everyday gifts in our lives — even amidst all we have had to endure in our families and communities since last spring.

A grateful perspective is positive and hopeful, and remaining positive is empowering and healthful. When we give thanks for everyday things, we give them life and meaning; an attitude of gratefulness is what feeds our souls when we are faced with persistent challenges. It builds resilience, forges bonds, and provides clarity as to what is most important in our lives: one another.

At St. Michael’s, attention to gratitude goes hand-in-hand with our Health + Wellness and Service-Learning program goals for students, such as self-compassion, social-emotional well-being, and seeing Christ in others. These programs focus on being intentional about what makes us human.

“Our goals and objectives are to encourage a culture of lifelong, comprehensive wellness through prevention programming, stress awareness, and social-emotional health so that students can acquire the knowledge and skills to make informed decisions regarding their personal lives,” said Lauren Gavin, Director of Wellness.

Being grateful is one such wellness practice to help us cope with anxiety and uncertainty by focusing on what we value, what is in our control, and what we can give back, according to a study by Robert Emmons of the University of California, Davis.

Even small gestures can have a tremendous impact in the lives of others. Our students are given many concrete opportunities to share of themselves throughout the year. Our Service-Learning Program inspires students to recognize the dignity of the human person and work for the greater good.

During the pandemic, many of these gestures have transitioned to remote methods of giving, such as knitting a scarf for Special Olympics, writing cards to nursing homes, helping at a food pantry, or putting together hygiene kits for the homeless.

With grateful hearts and minds, let us aspire to live more in the moment as we approach this holiday season and focus on all that continues to bring us joy and satisfaction.

– Contributed by Saint Michael’s Catholic Academy



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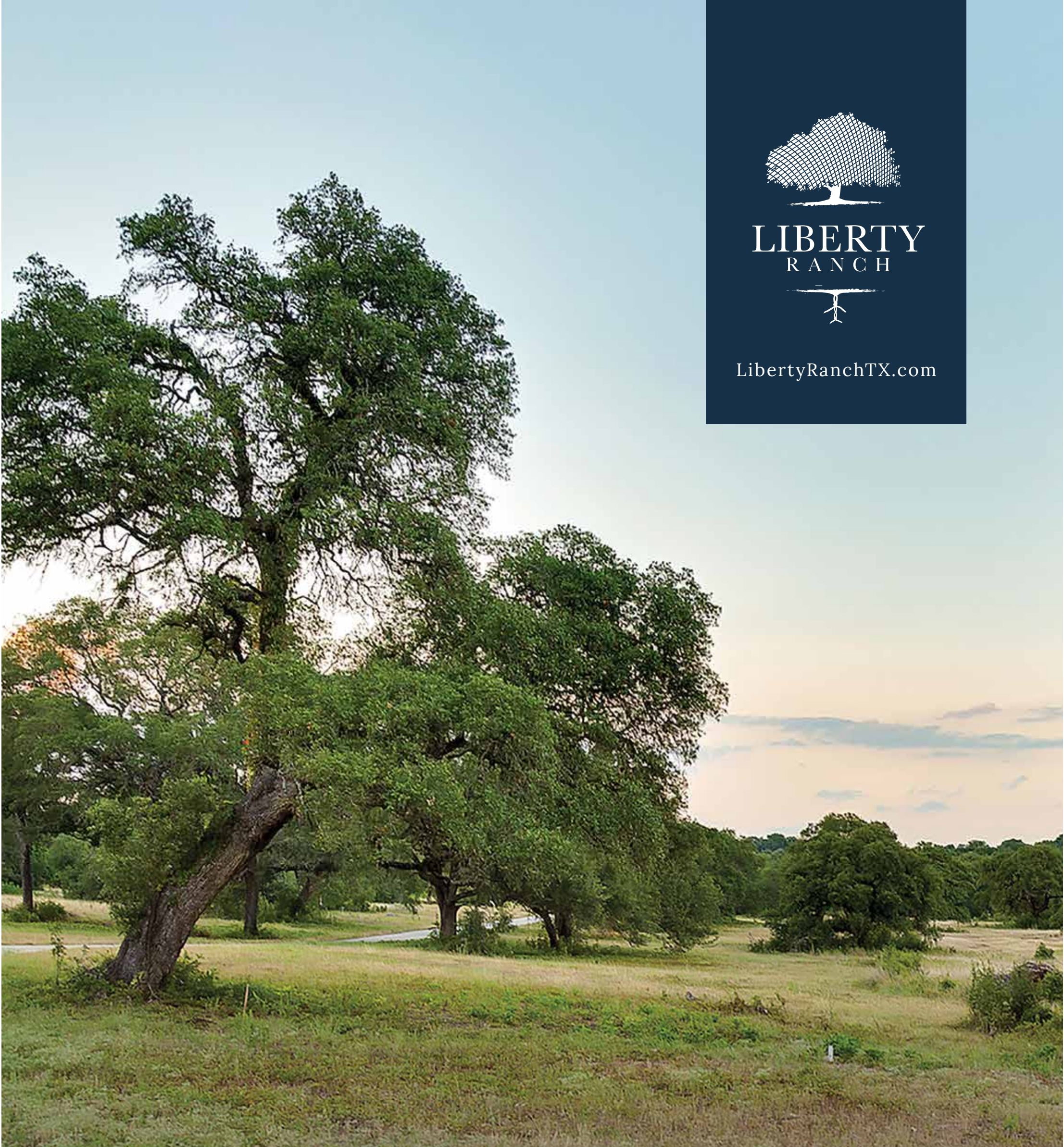
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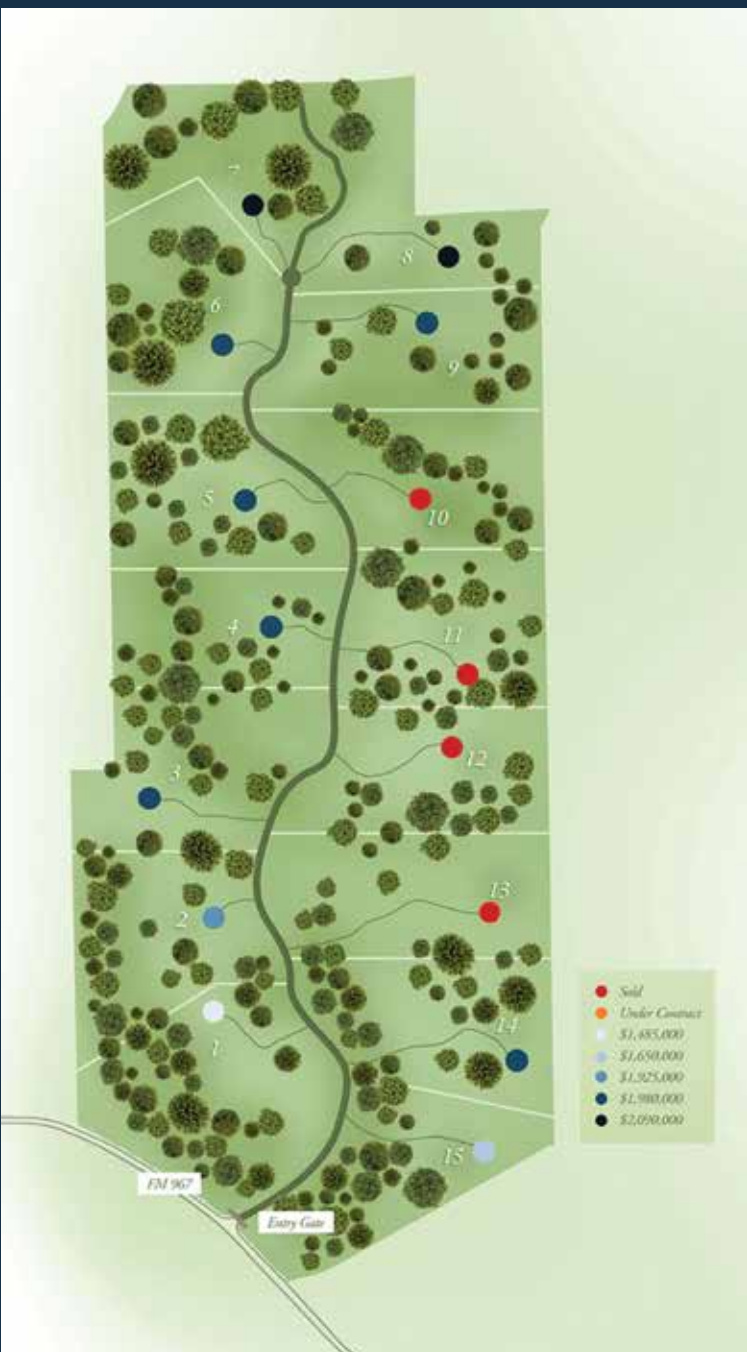


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