

December 2021



What is gratitude?

Gratitude is being thankful; it is an honorable quality that allows you to not only see the best in other people but in your own life.

Practicing gratitude on a regular basis is instrumental in helping you become more optimistic. It also can have a huge impact on your overall mood and perspective. When expressed during challenging times, gratitude can help you recognize the goodness of life, which in turn helps you calm your fear and anxiety and maintain a positive outlook in an uncertain situation.

Research shows that positive emotions like gratitude are closely connected to health and wellness. Not only do positive emotions promote happiness; they also create an upward spiral in your life. Emotions like gratitude and humor also help you cope with anxiety and uncertainty by focusing your mind on the things in life that you value, as well as what is in your control, and what you can give back to others.



What are more ways to be grateful?

- Write a thank you note, text or email
- Tell someone you appreciate them
- Start a gratitude journal
- Make gratitude a daily habit
- Do small acts of kindness for strangers
- Help someone and expect nothing in return

BE THANKFUL FOR WHAT YOU HAVE; YOU'LL END UP HAVING MORE, IF YOU CONCENTRATE ON WHAT YOU DON'T HAVE, YOU WILL NEVER, EVER HAVE ENOUGH.
OPRAH WINFREY

- **Yoga with Amber Wilcox December 9th, 12:00-12:45pm**
- **Walk & Talk Wed. December 15th, 10:00-11:30am**
- **BurnNet Survivor meeting December 16th, 11:30-12:30pm**

Support Every Thursday

BurnNet Survivors Group Virtual Meeting

**This is the only BurnNet support group for December
December 16th, 11:30 am-12:30 pm**

The BurnNet Survivors are holding one meeting in December to discuss issues and share questions and answers related to burn injuries and recovery. This month will be **we will be virtual through Zoom only**, thanks to the generosity of the Firefighters Burn Institute. Interested burn survivors, family members, caregivers, and significant others must pre-register to obtain access to the meeting.

Please register at <https://forms.gle/oj9HxyJ9zYrMEBJe9>

Gentle Flow Yoga with Amber Wilcox,

**Thursday, December 9th,
12:00-12:45pm **New time****

Gentle Flow Yoga is geared towards those new to yoga or those who are interested in a gentle practice.

**To sign up please email
lhspink@ucdavis.edu**

Walk & Talk Wednesday

**December 15th @ 10am
Capitol Park- Corner of 15th and L
(across from Cafeteria 15L)**

This group is to socialize and get to know the burn community. Bring your family and friends for donuts and coffee. Wear comfy clothes for an easy walk around the capitol.

**For more information
call 916-739-8525
Or email lhspink@ucdavis.edu, you do
not need to RSVP to this event.**



The Creative Phoenix

Why should I journal?

Keeping a journal is an incredibly effective way to improve one's mental health, emotional health, and life. Many great thinkers and philosophers used journaling to process their perceptions of the world, develop themselves, and their ideas. Improving yourself and building the kind of life that makes sense for you is a long journey. And like most long journeys, you need a map to help you reach your destination. Here are some writing prompts to consider beginning with.

I wish I had known...

If I could change one thing...

Nobody ever told me...

In my wildest dreams...

I have seen...

My secret talent...

I laugh when...

I know for sure...

I let go of...

Most people don't know that I...

Everything seemed different after...

I come from...

People should realize...

I think I finally understand...

I wish I could be...

My first memory...

I am (or I am not)...

I'm taking back...

I remember...

My proudest moment...