

# Kalmer & DOSE

A POSITIVE & PRO-ACTIVE APPROACH TO MENTAL HEALTH & WELLNESS

JAN 2022

## JANUARY THIS ISSUE WE FOCUS ON: GRATITUDE

JANUARY IS A MONTH WHERE BOTH ADULTS AND CHILDREN ARE BOMBARDED WITH MESSAGES ABOUT NEW YEARS RESOLUTIONS AND HOW TO BE BETTER. BIG BUSINESSES MAKE HUGE AMOUNTS OF MONEY OFF CREATING A DESIRE TO IMPROVE YOURSELF, WITH EXERCISE, HEALTHY EATING, WHILE ALL OF THESE CHANGES CAN IMPROVE OUR LIVES WE ALSO FEEL A HUGE AMOUNT OF PRESSURE.

RATHER THAN FOCUSING ON HOW WE CAN BE BETTER AND DO BETTER, WE COULD FIRST REFLECT ON WHAT IS GOOD ABOUT OUR LIVES, OUR HOMES, OUR FAMILY, OUR COMMUNITY AND OUR WORLD. WE CAN EXPLORE WHAT TRULY MAKES US FEEL HAPPY AND THEN WE CAN GO INTO THE NEW YEAR SEEKING OUT MORE EXPERIENCES THAT FEED OUR HAPPINESS.

THIS MONTH OUR NEWSLETTER FOCUSES ON GRATITUDE. WE EXPLORE ACTIVITIES THAT ENCOURAGE US TO FOCUS ON THE THINGS WE ARE GRATEFUL FOR AND HOW WE CAN EXPRESS THAT GRATITUDE TO OTHERS AND OURSELVES.

## INSIGHT

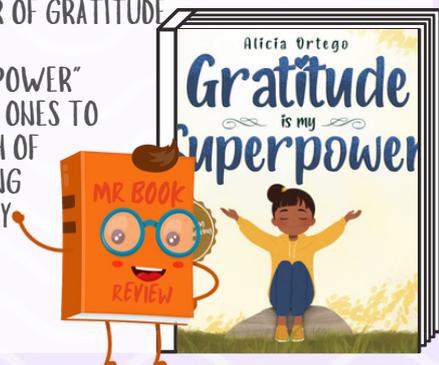
HAVING A GRATITUDE ATTITUDE NOT ONLY TRIGGERS BOOSTS OF HAPPY HORMONES SURGING AROUND THE PERSON GIVING THANKS BUT ALSO THE PERSON RECEIVING THE GRATITUDE.

THE MORE WE PRACTICE GRATITUDE THE MORE OUR BRAIN SEEKS OUT THINGS TO BE GRATEFUL FOR MAKING US FEEL EVEN HAPPIER.

## GRATITUDE IS MY SUPERPOWER

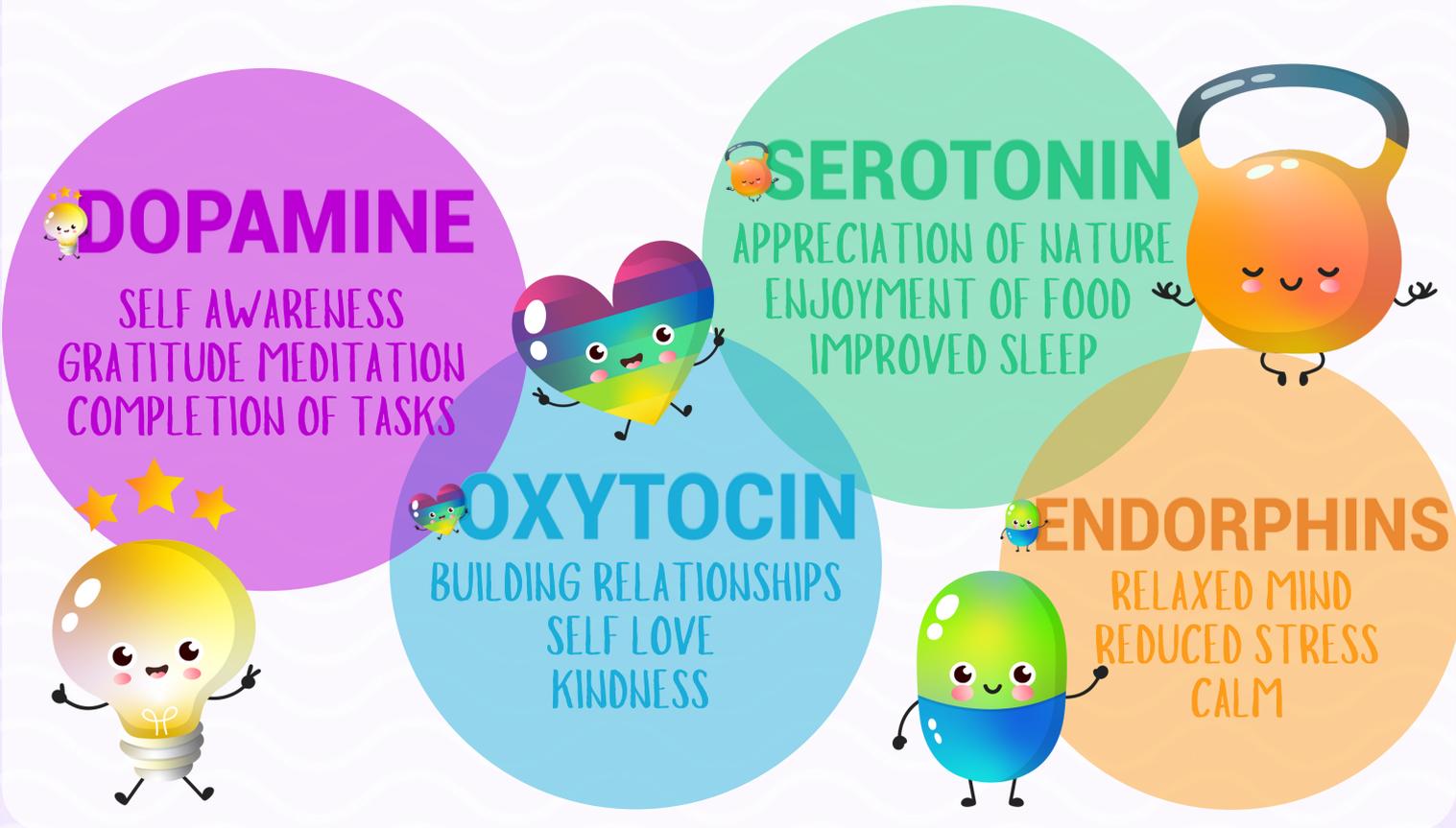
LITTLE BETSY WILL LEARN THAT HAPPINESS IS MADE UP OF SIMPLE THINGS IN LIFE, BOTH SMALL AND BIG. WITH THE HELP OF THE MAGIC STONE, SHE WILL BEGIN TO FEEL GRATITUDE FOR HER PARENTS, FRIENDS, AND TOYS. BUT WHAT HAPPENS WHEN LITTLE BETSY FORGETS TO USE THE MAGIC OF HER STONE? SHE WILL REALIZE THAT THE POWER OF GRATITUDE IS HIDDEN IN HER HEART.

"GRATITUDE IS MY SUPERPOWER" WILL TEACH YOUR LITTLE ONES TO APPRECIATE THE WARMTH OF HOME, TIME SPENT PLAYING WITH FRIENDS, AND FAMILY RELATIONSHIPS.





ACTS OF GRATITUDE TRIGGER ALL OF THE HAPPY HORMONES, LONG TERM PRACTICE HAS HUGE HEALTH BENEFITS BOTH PHYSICALLY AND MENTALLY.



## 10 BENIFITS OF GRATITUDE

- 1 CALMS THE MIND
- 2 BOOSTS OUR HAPPY HORMONES
- 3 MAKES US LOOK FOR MORE THINGS TO BE HAPPY ABOUT
- 4 REDUCES STRESS AND ANXIETY
- 5 IMPROVES RELATIONSHIPS WITH FRIENDS AND FAMILY
- 6 IMPROVES SELF ESTEEM, IT MAKES US FEEL POSITIVE ABOUT OURSELVES
- 7 IT HELPS US SLEEP
- 8 IT MAKES US STRONGER AND ABLE TO DEAL WITH CHALLENGING THINGS
- 9 IT HELPS US MANAGE OUR ANGER
- 10 IT MOTIVATES US



## THANK YOU LETTER

WRITE A LETTER OF THANKS TO YOURSELF, SAYING THANK YOU FOR ALL THE GOOD THINGS ABOUT BEING YOU. WE HAVE CREATED A SERIES OF PROMPTS FOR YOU TO DOWNLOAD WITH YOUR LETTER TEMPLATE OR ASK OTHER PEOPLE WHAT IS GREAT ABOUT YOU AND MAKE SURE YOU INCLUDE THEM IN THE THINGS YOU ARE THANKFUL FOR.

USE A BLANK SHEET OF PAPER OR DOWNLOAD OUR THANK YOU LETTER TEMPLATE WITH PROMPTS FROM [WWW.DOSEMAGAZINE.CO.UK](http://WWW.DOSEMAGAZINE.CO.UK)

## GRATITUDE BINGO

DOWNLOAD THE GRATITUDE BINGO BOARD FROM [WWW.DOSEMAGAZINE.CO.UK](http://WWW.DOSEMAGAZINE.CO.UK) AIM TO CROSS OFF ALL OF THE GRATITUDE STATEMENTS OVER A WEEK. THE GREEN "THANK YOU" STATEMENTS ARE FOR YOU TO SAY OUT LOUD TO SOMEONE ELSE AND THE BLUE STATEMENTS ARE FOR YOU TO SAY TO YOURSELF. REPEAT GRATITUDE BINGO EACH WEEK OR MAKE YOUR OWN GRATITUDE BINGO BOARD.

THANK YOU FOR BEING MY FRIEND	THANK YOU FOR MAKING MY DINNER	I AM GRATEFUL FOR MY TEACHERS	THANK YOU FOR TEACHING ME NEW THINGS	<p>THIS WEEK SEND A WAVE OF GRATITUDE OUT INTO THE WORLD.</p> <p>THE GREEN "THANK YOU" STATEMENTS SHOULD BE SAID OUT LOUD TO SOMEONE YOU ARE GRATEFUL FOR AND THE BLUE ONES ARE FOR YOU TO SAY TO YOURSELF.</p> <p>MARK THEM OFF EACH DAY AND AIM TO GET A FULL HOUSE BY THE END OF THE WEEK.</p> <p><b>DOSE</b> WWW.DOSEMAGAZINE.CO.UK</p>
THANK YOU FOR BEING KIND	THANK YOU FOR THE FRESH AIR I BREATHE	I AM GRATEFUL FOR MY FOOD THAT GIVES ME ENERGY	THANK YOU FOR BEING GREAT	
I AM GRATEFUL FOR BEING ME	THANK YOU FOR PICKING ME UP FROM SCHOOL	I AM GRATEFUL FOR MY HOME	THANK YOU FOR TEACHING ME NEW THINGS	
I AM GRATEFUL FOR MY HEALTH	THANK YOU FOR MAKING ME LAUGH	I AM GRATEFUL FOR MY FRIENDS	I AM GRATEFUL FOR THE BOOK I HAVE JUST READ	

## GRATITUDE PORTRAITS

DRAW FOUR PEOPLE THAT MAKE YOU FEEL HAPPY. WHAT DO YOU LIKE ABOUT THEM, WHAT COLOURS WOULD YOU USE TO SHOW HOW HAPPY THEY MAKE YOU.

THINK ABOUT WHY THEY MAKE YOU FEEL HAPPY AND IN YOUR HEAD SAY THANK YOU TO THEM. BEING GRATEFUL FOR THOSE AROUND US BOOSTS OUR HAPPY HORMONES AND STRENGTHENS OUR RELATIONSHIPS.

DRAW THESE ON A BLANK PAPER OR DOWNLOAD YOUR FREE TEMPLATE ON [WWW.DOSEMAGAZINE.CO.UK](http://WWW.DOSEMAGAZINE.CO.UK)





## FOODS WHICH BOOST YOUR HAPPY HORMONES

THE BANANA IS ONE OF THE BEST FRUITS WE CAN EAT NOT ONLY DOES IT TRIGGER OUR HAPPY HORMONES WHICH BOOSTS OUR MOOD, BUT IT ALSO:

- MAKES US FEEL FULLER FOR LONGER
- HELPS US DIGEST FOOD
- HELPS THE BODY'S ABILITY TO FIGHT DISEASE
- KEEPS THE HEART HEALTHY
- GIVES US ENERGY

STUDIES SHOW WE SHOULD EAT UP TO 4 BANANAS EACH WEEK



### BANANA SUSHI



#### UTENSILS

- CHOPPING BOARD
- PLATE
- KNIFE
- SUSHI STICKS (OPTIONAL)
- FOOD BAGS
- ROLLING PIN

#### INGREDIENTS

- BANANAS
- YOUR CHOICE OF STICKY: MELTED CHOCOLATE, NUTELLA, PEANUT BUTTER, SYRUP OR JAM
- YOUR CHOICE OF TOPPING: GROUND NUTS, CRUSHED BISCUITS, MERINGUE, SPRINKLES, COCONUT, CRISPIES

#### METHOD

- FIRSTLY, PEEL THE BANANAS AND LAY THEM OUT ON YOUR CHOPPING BOARD (IT IS EASIER WITH HARDER BANANAS)
- ADD YOUR TOPPING OF CHOICE INTO A FOOD BAG AND CRUSH WITH A ROLLING PIN
- SPREAD A STICKY COATING ONTO YOUR BANANAS: THIS COULD BE MELTED CHOCOLATE, NUTELLA, PEANUT BUTTER, SYRUP OR JAM
- SPRINKLE OVER YOUR FAVOURITE TOPPING: THIS COULD BE GROUND NUTS, CRUSHED BISCUITS, MERINGUE, SPRINKLES, COCONUT, CRISPIES
- CHOP THE BANANA INTO BITE-SIZE SUSHI PIECES
- ADD TO A PLATE AND SERVE

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A BANANA IS PACKED WITH VITAMIN A, B AND C

## BANANA JOKES

YOU NEED TO BE EXTRA NICE TO BANANAS, YOU KNOW WHY?

- YOU DON'T WANT TO HURT THEIR PEELINGS.

WHY DO BANANAS NEVER GET LONELY?

- BECAUSE THEY HANG OUT IN BUNCHES.

WHAT KIND OF SCHOOL DO BANANAS GO TO?

- SUNDAE SCHOOL.

WHY COULDN'T THE POLICE CATCH THE BANANA?

- BECAUSE HE SPLIT!

WHAT KIND OF SHOES DOES A BANANA MAKE?

- SLIPPERS

WHY DID THE BANANA GO TO THE DOCTOR?

- BECAUSE HE WASN'T PEELING WELL.





## 5 WAYS TO CREATE A GRATITUDE ATTITUDE

- 1 PRACTICE GRATITUDE EVERY DAY WITHOUT FAIL
- 2 SURROUND YOURSELF WITH GRATEFUL PEOPLE
- 3 SAY THANK YOU FOR EVERYTHING YOU RECEIVE
- 4 LOOK FOR A NEW THING TO SAY THANK YOU FOR EVERY DAY
- 5 KEEP A LIST OF THINGS YOU ARE GRATEFUL FOR, ADD FIVE NEW THINGS EACH DAY

## MONTHLY MIRROR MANTRAS

THANK YOU FOR A NEW DAY I AM GOING TO MAKE IT GREAT



A MANTRA IS A POSITIVE STATEMENT OR WORD WHICH IS REPEATED OUT LOUD (OR IN YOUR HEAD). REPEAT THE MANTRA THREE TIMES ON A MORNING WHILE LOOKING INTO THE MIRROR AND AGAIN BEFORE BED. IF THIS IS REPEATED IN SCHOOL AS A GROUP THE POWER IS EVEN STRONGER.

REPEATING THE MANTRA CALMS THE MIND AND HELPS US FOCUS ON THE WORDS.

USING A MIRROR MEANS YOU MAKE EYE CONTACT WITH YOURSELF WHICH BOOSTS SELF-KINDNESS AND SELF-COMPASSION.

OUR BRAIN IS PROGRAMMED TO BELIEVE WHAT WE SEE AND BY LOOKING INTO THE MIRROR AS YOU SAY YOUR MANTRA YOUR BRAIN WILL HAVE A DEEPER BELIEF IN THE WORDS YOU SAY.



IF YOU HAVE ENJOYED THESE RESOURCES IN THIS NEWSLETTER YOU CAN DOWNLOAD MORE FREE RESOURCES AT

[WWW.DOSEMAGAZINE.CO.UK](http://WWW.DOSEMAGAZINE.CO.UK)

NEW FREE RESOURCES THIS MONTH ON DOSE MAGAZINE...

### GRATITUDE BINGO



### GRATITUDE PORTRAITS

