

APRIL 2026 WELLNESS NEWSLETTER

EXPRESS GRATITUDE

This month's theme is about practicing gratitude. Expressing gratitude is good for relationships, health, sleep, self-esteem, boosting empathy and decreasing aggression. Practicing gratitude may help nurture better brain health and create more positive, health-promoting vibes in your brain. Read on to see how you can incorporate gratitude into your everyday.



Could gratitude make your life better? Listen to Harvard Professors who explain the research around gratitude's physical and emotional benefits. [Click here for the video or visit Harvard Health Publishing.](#)

APRIL FEATURED ARTICLES

LOWERING STRESS WITH GRATITUDE

TEACH CHILDREN GRATITUDE

GRATITUDE COLORING PAGE

MONTHLY VIDEO



ELEVATE YOUR EVERYDAY: ONE HABIT AT A TIME

Gratitude Jar

At the end of each day or week write down something you're grateful for and place it in the jar. Open it and read your entries when you need a boost.

Gratitude Journal

Write down three new things you are grateful for each day for 21 days. This is a science-backed method to rewire your brain to become more optimistic, and successful.

NATIONAL WALK@LUNCH DAY

APRIL 29TH

Celebrate by getting outside to walk wherever you are. Turn your walk into a gratitude walk where you pay attention to your five senses and appreciate the experience.

[LEARN MORE](#)

WATCH THE VIDEO

Learn about Bristol's Gratitude Tree and Placemaking with Porter Knight



Check out our [Blue Sky VT DAYS](#) to learn more about free events for all Vermonters

Lowering stress with gratitude

Most of us are thankful for certain things in our lives. But, how often do we think about them?

Gratitude doesn't always come naturally. It's easy to get caught up in situations that go wrong, whether big or small. This can lead to higher stress levels. The good news is that we may be able to reverse some of this stress with gratitude. It may improve our overall emotional health, too.



GETTING GOING WITH GRATITUDE



How should you get started with a gratitude habit? You must make it part of your routine. Practicing gratitude every day will have the most benefits and you'll be more likely to stick with it.

Take a few minutes each day, whether in the morning or at night, to think about good things in your life. They can be things that happened today, such as a good day at work. They can also be bigger things, like your overall health or people in your life.

If you find your mind wanders during this activity, don't give up. Try writing things down in a notebook if that's easier for you.

After you've named some things in your life that are good, stop. Take a moment to think about the positive experience or person. Let yourself feel happy about these things. You can even relive them in your head if you like.

Try writing a letter to someone who did something nice for you. You don't even have to send it. The act of writing the letter is a way to feel your gratitude. You can also send a text or email to them explaining why you appreciate them.

During this time, try not to focus on any negative thoughts or situations.



BEING GRATEFUL DURING GOOD & BAD TIMES

This practice is helpful if you're under a lot of stress. But, don't forget about feeling grateful when things are going well. Even when life is great, keep up your gratitude habit. This could make it easier for you to do when things aren't going right.

Of course, when things get challenging in life, you may feel more "down." This is normal and expected. Don't try to force yourself to feel happy all the time. In fact, experts think that hiding your feelings can make you feel worse.

Accept your feelings and talk about them with someone you trust. Go for a walk or exercise to help combat stress. Then, try to focus your thoughts on gratitude once again.

[HOME](#)

Source: National Institutes of Health

How to teach children gratitude

Children may often want every new toy and thing they see.
But you can help teach them gratitude with these tips:



1. Make getting things a surprise.

This helps kids see something as a gift, not an entitlement. For instance, “surprise” them with a trip to the park or their favorite dessert on special occasions.



2. Be careful with choices.

Allowing children to choose something big, such as a vacation destination, will make them think they can get whatever they want. Instead, the adults can choose the vacation plans and present it as a surprise.



3. Talk about what made them happy each day.

This teaches kids to be thankful for good things. It can be as simple as playing at recess, seeing a friend or enjoying what they ate for lunch.



4. Serve others as a family.

Community charity programs such as working at a food bank are a great way for kids to see how much they have. Also, do smaller things like bring meals to neighbors who are going through a hard time.



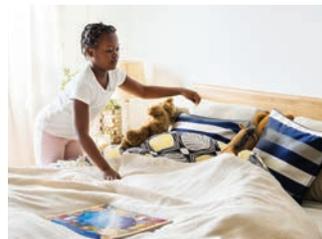
5. Show them how to be positive.

Being demanding, whiny or jealous quickly turns into being ungrateful for what they have. You can point out positives in nearly any situation to teach them how to find it themselves. “It’s really hot today, but I’m so glad we have cold water to drink” is a great example.



6. Insist on saying “please” and “thank you.”

Give them positive reinforcement every time they use these words. This helps to teach them the importance of showing gratitude and respect for other people.



7. Give them chores to do.

Yes, kids are busy, but simple things like putting away their clothes, helping with dishes and picking up their toys are valuable lessons. Chores teach kids that it takes work to keep up a household and that they should contribute. Even five to 10 minutes of chores a day is helpful.



8. Consider gifts of “experiences” instead of “things.”

Not sure what to get them because they already have so much? How about tickets to a movie or show? Or a trip to a water park for a day? Chances are, they will remember those fun experiences far longer than any toy or gadget.

Gratitude for Positivity

Practicing gratitude helps fire up positivity neurons in your brain. It may also help you feel calmer and less stressed.



Daily check-in

Use a phone reminder to check in daily and reflect on the positive things that happened that day.

More is better

Say "thank you" more often to your loved ones and to strangers.

Bedtime habit

Make gratitude a part of your bedtime routine.

Feel-good reminders

Create a gratitude jar. Place gratitude notes in the jar and when you're feeling down, read some of them.