

# GIVE THANKS

I lived in USA for 3 years and loved Thanksgiving which is in November. As a Brit it was such a treat to have an extra holiday and I felt incredibly **THANKFUL** to be invited into some lovely families lives.

It's likely you've found me because you've had a hard time or you're going through some tough stuff. I'm guessing it's hard to be thankful. That's okay, it's still a great time to lift your eyes up from your own situation. There's always something to be grateful for.

Being thankful helps you focus on what's going well in your life, shifting attention away from your negative thoughts. It won't take away your problems but it can reduce feelings of stress, anxiety, and depression.

You may then start to show gratitude to your loved ones, this strengthens yours relationships, and increases trust, which leads to greater emotional support.

What are you waiting for?



## Share the joy

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Thank you so much for your interest.

<https://tinyurl.com/ycym9msv>

# CREATIVE THERAPY

## Well-being Worksheets

Choose one of the 3 worksheets. Every day find 3 things you are grateful for and write them in the suns rays. If you get stuck think of:

1 thing in your house

1 thing outside

1 person

## Creative Release

These are additional creative ideas for you to do with your own resources. They're the sort of exercises you may do with me in creative therapy sessions. It's about the process of being creative and not the end product. The aim is to help you process your thoughts, let your subconscious out and release feelings.

1. Use paint or pastels and a big piece of paper.
2. Take one of your finished worksheets, rip it up and stick it on to your big piece of paper.
3. Choose 3 colours you like and add paint/pastels to your your paper in any way you feel led.

## Creative Connection

An opportunity to take your creative therapy further.

1. Look at your work and write down 5 feeling words that come to mind, let each word flow from one to the next.
2. Reflect on your creative time, did anything surprising come up for you? Do you find it easy or hard to be thankful? We're there any themes in the items you were thankful for?







Give  
thanks  
♡



Give  
thanks  
♡



Give  
thanks  
♡

## ABOUT ME.

I'm a creative counsellor, outdoor therapist, supervisor and creator of helpful resources.

I love helping people turn their chaos into calm



If you'd like to work with me please get in touch for counselling, therapeutic ADHD coaching, couples counselling and SEN parents support



## SPECIAL OFFER

If you've enjoyed this Well-being Worksheet why not pop over to my Etsy shop and see my other resources. As a subscriber you'll get 10% off, just enter this code:

**wbw10**

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