

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

GIVING GRATITUDE TRIGGERS A BOOST OF HAPPY HORMONES NOT ONLY FOR THE PERSON GIVING THE THANKS BUT ALSO TO THE PERSON RECEIVING THE THANKS.

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.

DOPAMINE
SELF AWARENESS
GRATITUDE MEDITATION
COMPLETION OF TASKS

SEROTONIN
APPRECIATION OF NATURE
ENJOYMENT OF FOOD
IMPROVED SLEEP

OXYTOCIN
BUILDING RELATIONSHIPS
SELF LOVE
KINDNESS

ENDORPHINS
RELAXED MIND
REDUCED STRESS
CALM

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



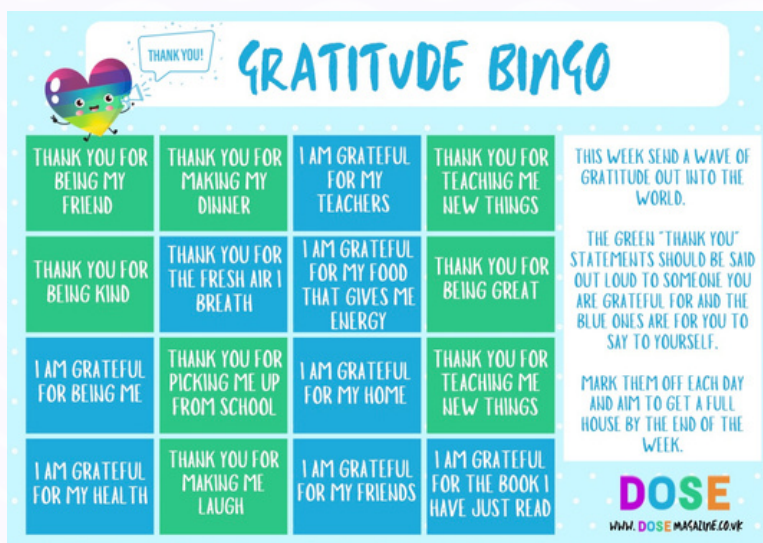
THANK YOU LETTER

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

GRATITUDE BINGO

DOWNLOAD THE GRATITUDE BINGO BOARD FROM 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.



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





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
- SUSHI STICKS (OPTIONAL)
- PLATE
- FOOD BAGS
- KNIFE
- 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

DOSE

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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.



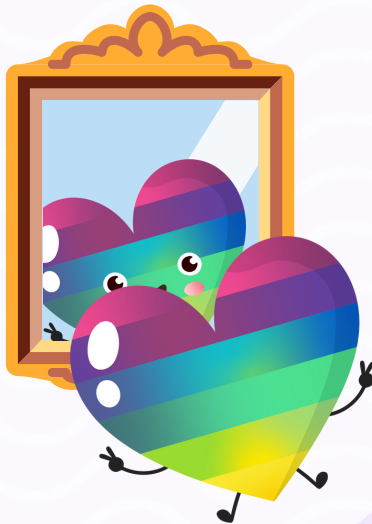


5 WAYS TO CREATE A GRATITUDE ATTITUDE

- 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.



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NEW FREE RESOURCES
THIS MONTH ON DOSE
MAGAZINE...

GRATITUDE BINGO



GRATITUDE PORTRAITS

