

# NEW DAY NEWS



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*The simple act  
of expressing  
gratitude has  
positive effects  
for one's  
happiness.*

- Gratitude in the most basic terms is being thankful and appreciative of the good things you have - e.g. for the people you have in your life
- A large body of recent research suggests that people who are more grateful have higher levels of well-being.
- Grateful people are happier, less depressed, less stressed and more satisfied with their lives and social relationships.
- Grateful people also have higher levels of control of their environments, personal growth, purpose in life, and self-acceptance.
- A person who is grateful tends to spend less time comparing him or herself with others and feeling envious.
- “It also helps people, especially children, step into someone else’s shoes and realize that another person did something nice for them even though he or she didn’t have to. We want our children to be able to relate to other people’s feelings and to feel a sense of belonging in their classrooms and community” -Dr. Sheela Raja, University of Illinois Chicago
- “People who recognize the blessings they have tend to think they’ll get happiness from things like fulfilling relationships—which, research shows, are the real sources of satisfaction. Because grateful people don’t fixate on money or material goods, they may cut back on envy and nagging comparisons with the Joneses.” - psychologist Phillip Watkins

## Cultivating an Attitude of Gratitude



Joel Kaufman, Ph.D.  
CEO

One of the critical concepts from Alcoholics Anonymous as well as other 12 step programs is developing an attitude of gratitude. Those working a 12 step program believe it is important to move off of the "pity pot" and to positively focus on all the wonderful things that abstinence and sobriety brings.

So what are some concrete things you can do to create an attitude of gratitude for yourself:

- **Start a gratitude ritual** - In the morning, before you start your day think about all the things you are grateful for.
- **Keep a gratitude journal** - Instead of succumbing to negativity one day, take a moment to document some positive things that have happened that day. No matter how bad your day, there is always something to be thankful for.
- **Surround yourself with positive people** - Limit the time you spend with negative or ungrateful people. The quality of your life truly depends on it.
- **Help others to help yourself**- Volunteer. Find a charity or other worthy cause and help those less fortunate.
- **Recognize your unique strengths** - Most of us spend more time dwelling on our weaknesses than our strengths. Try to use your strengths to their full potential. Living this way it becomes more easy to be grateful.
- **Bad things do happen to good people** - Obviously it's most difficult to be grateful when we are going through a bad time. Moving through these challenging times and learning what we need to learn from them is important. Trying to remember during this challenging time not to fall back into a scarcity mindset and that abundance is all around us.

## Mental health services

Due to funding from Broward County, Community Partnerships Division, the Starting Place will have a greater capacity to serve youth ages 7 through 17 that have mental health and behavioral issues. The **Children and Youth Mental Health Program** provides services for youth with mental health issues which result in functional impairment which substantially impairs the youth's role or functioning in family, school or community activities. For more information contact 954-327-4060

## Family strengthening program

The Starting Place has begun **Strong Families**, a program to provide prevention/intervention services, case management and parent education to families at risk of abuse and neglect and/or where maltreatment has already occurred. Starting Place will serve families with children and adolescents, primarily between the ages of 11 to 18 that are at-risk of child maltreatment due to multiple factors, particularly those with a family history of substance abuse. This program is provided due to funding from the Children's Services Council. For more information contact 954-327-4060.

## Our services and how to contact us

The Starting Place provides outpatient substance abuse and mental health services to children, teens, young adults and their families. Our services include assessments, individual counseling, family counseling, case management, psycho-educational and therapy groups, psychiatric services, school based services, and aftercare/continuing care. Services are office-based and in-home and school-based. Our hours are tailored to meet the needs of our clients. Fees are based on a sliding scale and we also accept a few different insurances.

**If you would like to set up an appointment or speak to someone further about our services, please contact us at (954) 327-4060. You can also check us out at our website at [www.startingplace.org](http://www.startingplace.org)**

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