

# Student Health and Wellness Programs



## Stall Talk: Gratitude



UNIVERSITY  
of HAWAII  
HILO



In an emergency,  
call 911

### What is Gratitude?

Gratitude is the expression of appreciation for what one has.



E mahalo kākou i ka mea loa'a.  
(Let us be thankful for what we have.)

'A'ohe lokomaika'i i nele i ka pāna'i.  
(No kind heart lacks a reward.) #177

### Why Gratitude Matters: Tips to Practice Gratitude:

Feeling grateful boosts happiness and fosters both physical and psychological health, even among those already struggling with mental health problems.

Practicing gratitude curbs the use of words expressing negative emotions and shifts inner attention away from resentment and envy. This minimizes the possibility of ruminating, which is a hallmark of depression.

1. Keep a journal of or in some way note big and little joys of daily life.
2. Write down "three good things"—identify three things that have gone well for you and identify the cause.
3. Write thank-you notes to others.
4. Think about people who have inspired you and what about them was most significant.
5. Engage in "mental subtraction." Imagine what your life would be like if some positive event had not occurred.

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#### Relaxation Stations:

11/6 6-8:00 pm Munchies & a Movie

11/13 12-1:30 pm Stress Relief Journaling

11/18 11-12:30 pm Letters of Gratitude

11/14 5:00 pm Anti-stigma Project is due

11/18 12-1:30 pm QPR Training

11/26 Happy Thanksgiving!

11/27 Native American Heritage Day



*Start each day with a grateful heart...*

### CRISIS RESOURCES AND SUPPORT

Crisis Line of Hawaii  
(24-hour, 7 days a week)  
1-(800) 753-6879

Crisis Text Line  
Text "ALOHA"  
to 741741

YWCA 24-Hour Sexual  
Assault Hotline:  
(808) 935-0677