



The Dreamer's Journal

NOVEMBER 2022



Newsletter Highlights

GRATITUDE CHANGES EVERYTHING

DREAM BIG SPOTLIGHT: COAT AND SHOE DRIVE

MARK YOUR CALENDARS: [DREAM BIG EVENTS](#) THIS MONTH

[ANYTHING IS PAWSIBLE](#)

Follow Us!

STAY INVOLVED AND INFORMED OF ALL ACTIVITIES AND UPDATES! SHARE AND HELP BRING MENTAL HEALTH AWARENESS TO OTHERS. CLICK ON ICONS!



From our family to yours,
Dream Big, PSP wishes you

Happy Thanksgiving!



Feliz Dia de Gracias!

De nuestra familia a la tuya.
De parte de Dream Big, PSP.

The Dreamer's Journal

A monthly publication of Dream Big-PSP Counseling. Established February 2022.
Title originated from Melissa Reeves Austin-Weeks.

Mission Statement

Dream Big- PSP Counseling is a 501(c)3 non-profit organization whose mission is to provide mental and behavioral healthcare services to children, adolescents, and adults in an individual, group, family, or school setting. Providing services for either uninsured or under-insured that would otherwise not be able to receive services needed to lead healthier lives and be productive members of society.



Logo created by Sandy Rapp

Thanksgiving Mental Health Tips



Avoid stuffing your emotions



Manage anxiety and stress by taking it one "slice" at a time.



Carve out time for yourself



Experience nature



Practice gratitude daily



Don't be afraid to say what you feel

SUPPORT DREAM BIG

*So Many ways!
Set Dream-Big as your nonprofit organization on amazon.smile*

- Create a digital account and attach your Krogers rewards card. Each time you shop, a portion of your sales will be donated to Dream Big! (search for Dream Big-PSP Counseling or FW320)
- Have your company match funds
- Join our FlipGive team! (Code: LCK4CN)
- <https://dreambig-psp.com/donate>

Credit to Moravian University Counseling Center

Gratitude changes everything

By: Carolina Morales, LPC

Dreamers, we made it to November! Thank you all for your continued support. With that being said, in November we gather and celebrate thanksgiving. We would like to take the time to talk about gratitude. What is gratitude? Gratitude is the feeling a person gets when they feel appreciation and thankfulness towards a person. Positive psychology has taught us that focusing on the good things in our lives can increase dopamine and serotonin in our brains. These neurotransmitters are responsible for our emotions and can enhance our mood rapidly. While writing one single gratitude list cannot erase uncomfortable feelings or solve a problem, it can be the start to helping you cope with stressors.

When you dedicate at least 5 minutes a week to shift your focus to the things you are grateful for, you begin to create longer lasting positive feedback loops. Positive feedback loops are essential for forming habits and also aid with training our minds to approach struggles with a different attitude. In other words, gratitude lists increase feelings of happiness and the more frequent it is done, the more your attitude and outlook towards life changes. Gratitude can improve a person's self-esteem, health, spirituality, and yes, your mental health!

YOUR CHALLENGE FOR THIS MONTH IS TO SPEND 5 MINUTES WRITING A GRATITUDE LIST AT LEAST ONCE A WEEK. YOU CAN ALSO INCLUDE YOUR FAMILY AND COMPLETE THIS CHALLENGE AS A FAMILY ACTIVITY!

If you would like to share your journey, let us know through social media and share your gratitude list and/or how things have changed since you started!

Gratitud cambia todo

By: Carolina Morales, LPC

¡Soñadores, llegamos a noviembre! Muchísimas gracias a todos por su apoyo. Típicamente, en noviembre nos reunimos y celebramos el día de acción de gracias. Nos gustaría tomar este tiempo para hablar sobre la gratitud. ¿Qué es la gratitud? La gratitud es el sentimiento que tiene una persona cuando siente aprecio y agradecimiento hacia otra persona. La psicología positiva nos ha enseñado que enfocarnos en las cosas buenas de nuestra vida puede aumentar la dopamina y la serotonina en nuestro cerebro. Estos neurotransmisores son responsables de nuestras emociones y pueden mejorar nuestro estado de ánimo rápidamente. Por supuesto, escribir una sola lista de gratitud no puede borrar los sentimientos incómodos ni resolver un problema, pero sí puede ser el comienzo para ayudarlo a lidiar con sus estresantes.

Cuando dedica al menos 5 minutos a la semana para cambiar su enfoque a las cosas por las que está agradecido, comienza a crear ciclos de retroalimentación positiva más duraderos. Los ciclos de retroalimentación positiva son esenciales para formar hábitos y también ayudan a entrenar nuestras mentes para abordar las luchas con una actitud diferente.

En otras palabras, las listas de gratitud aumentan los sentimientos de felicidad y cuanto más frecuente se hace, más cambia su actitud y perspectiva hacia la vida. La gratitud puede mejorar su autoestima, su salud, su espiritualidad y, sí, ¡su salud mental!

TU RETO PARA ESTE MES ES DEDICAR 5 MINUTOS A ESCRIBIR UNA LISTA DE AGRADECIMIENTOS AL MENOS UNA VEZ A LA SEMANA. ¡TAMBIÉN PUEDES INCLUIR A TU FAMILIA Y COMPLETAR ESTE RETO COMO UNA ACTIVIDAD FAMILIAR!

Si deseas compartir, notifícanos por las redes sociales y comparte su lista de agradecimientos y/o cómo han cambiado las cosas desde que comenzó.

Gratitude is...

Gratitude is Peace

Gratitude is Freedom

Gratitude is good for you

Gratitude is the act of receiving

Gratitude is appreciation

Gratitude is a great way to start the day

Gratitude is the ultimate pass to happiness

Suggestion: This Thanksgiving, take time for the family and friends to share what they are grateful for. Don't forget to take a picture of your family gatherings. Pictures are also a form of gratitude.

DREAM BIG SPOTLIGHT

A HUGE THANK YOU to the TCU Alumni Association for partnering with us to collect 65 coats, 29 pairs of shoes and gift certificates to Casa Azul Coffee for Dolores Huerta Elementary School. We appreciate everyone that donated and made this event possible.



NOVEMBER



Upcoming Events



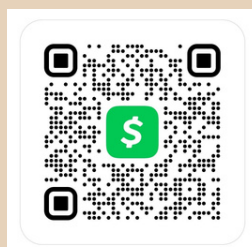
12 DAYS OF CHRISTMAS

TICKETS WILL GO ON SALE ON 11/15/22. STAY TUNED ON OUR SOCIAL MEDIA FOR MORE UPDATES ON THE PRIZES.



Join alfred.e22 racing as he is "raising" funds for Dream Big - PSP Counseling! You can sponsor a lap between 1-125 for \$10 or sponsor the pit spot - \$250. For more information, check out our Facebook page!

TRANSFORM A LIFE WITH YOUR CONTRIBUTION



Ca\$hApp
\$DreamBigPSP



ZELLE
Dream Big-PSP



Venmo
@Dream-Big-PSP

Anything is Pawsible

BY ANGEL THE DOG

Angel says, "I'm grateful for 1. My home 2. Car rides to anywhere but the vet. 3. My beautiful orange shirt that helps promote Dream Big!"

Angel dice, "Estoy agradecida por 1. Mi casa 2. Los viajes en automóvil a cualquier lugar menos al veterinario. 3. ¡Mi hermosa camiseta naranja que ayuda a promover Dream Big!"



A stress-reducing moment for self-love, growth, & rewiring the brain. Enjoy!

Mindful Journaling

Q.List three to five things you are grateful for today.

P.Haz una lista de tres a cinco cosas por las que estás agradecido hoy.

Handwriting practice lines for journaling.

Diario consciente

Un momento para reducir del estrés para el amor propio, el crecimiento y la reconfiguración del cerebro. ¡Disfruta!

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Helping People Along Their Healing Journey

Published November 3, 2022