



Transition Newsletter

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Time to be Grateful!

Did you know that studies show that expressing thanks is one of the easiest ways to increase our own happiness? As Thanksgiving is coming soon, have you taken the time to be thankful for all the good things in your life? Simple expressions and thoughts of gratitude have the ability to boost your own well-being and also the well-being of others!



Watch this video on YouTube that will dive into the Science of Happiness!
<https://youtu.be/oHv6vTKD6lq>

RESOURCE HIGHLIGHT



Gratitude

This app offers a large variety of features; for example, you can write journal entries for your gratitude journal, construct self-affirmations, receive daily quotes, and build a vision board that consists of images and goals. Set daily reminders for your journal entries, a useful feature especially when you are beginning a journaling habit. This app is available for free on iOS and Android devices as well as a paid version.

This is informational only. DHS is neither supporting or endorsing the app. Please determine for yourself if you wish to use it and proceed accordingly.

Here are some activities that you could consider doing during the month of November to get you into the thankful mindset. And remember, you don't have to stop in November, especially if the activity makes you feel happy!

Random Acts of Kindness

A random act of kindness is an unexpected act of charity or helpfulness and is often done for others. Random acts of kindness can be small like holding the door open for the person behind you, or something bigger like sending holiday cards to residents at a local nursing home! Find more ideas here: <https://bit.ly/RandomActsofKindnessIdeas>

7 Days of Gratitude

For one week, take a few minutes at the end of your day to write down three to five things that you are grateful for that day. By doing it on a daily basis, it will have a deeper impact on your overall happiness and mood!

Write a Letter of Gratitude

- Take a moment and think of someone who has profoundly impacted your life that you want to say "thank you".
- Write down your feelings of thanks in a letter, card, note, email, or whatever you are most comfortable with.
- Give that person the letter so they know how much they mean to you!

By expressing your own gratitude, you are acknowledging all the good, whether it's big or small, in your life. Expressing gratitude helps you feel more positive emotions, relish good experiences, improves your health, and helps build strong relationships. Do you know what I'm thankful for this year? YOU!!



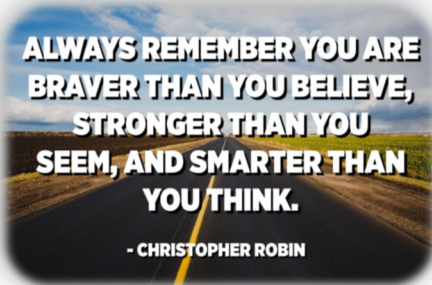


Name: _____

Phone: _____

Email: _____

[dhs.sd.gov/
transitionresources.aspx](https://dhs.sd.gov/transitionresources.aspx)



Be Thankful for Your Skills!

Everyone has skills, interests, and natural talents or aptitudes, that can help you be successful at school or at a job. Take a few minutes to think about what you enjoy, what you are good at, and if you are struggling, ask your teachers or parents for their input because they may know some of your strengths that you don't even realize are strengths!

Your Interests:

Think about things you enjoy doing. It could be playing basketball, reading, making art, dancing, or playing video games. Write down your top 4 activities you enjoy most!

1. _____ 2. _____
3. _____ 4. _____

Your Aptitudes:

Aptitudes are your natural talents. Maybe you are a good singer or awesome at drawing. Are you quick at solving math problems or figuring out video games? Write down four things you are good at!

1. _____ 2. _____
3. _____ 4. _____

Your Skills:

Skills come from study or practice. You may know a lot about something you have studied, or have a tight spiral when you throw a football from practice. You might be good at hunting, sewing, or fixing things. Write down four skills you have!

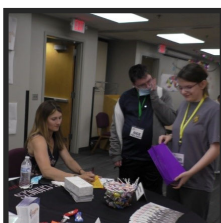
1. _____ 2. _____
3. _____ 4. _____

Please let me know what you wrote down for your interests, aptitudes, and skills so we can explore what kind of work would make most use of all these items for a better chance of finding something you will enjoy while earning money working!

YOUTH LEADERSHIP FORUM

Applications are due **December 23, 2021**— tslp.org/events

YLF enables young adults who have a disability to learn from each other and from successful adults with disabilities who are recognized role models. Students learn more about their own disability and others' disabilities, how to analyze their strengths and weaknesses, enhance organizational skills, different leadership styles, about disability laws, how to influence others, disability etiquette, and much more!
To learn more go to tslp.org/events and apply today, you'll thank me later!



Quotes from recent YLF attendees:

"No one judges you at YLF—because YOU ARE SOMEONE!"

"It's been extremely helpful to learn about other's disabilities and learn transition techniques to work toward our future education and employment."

"I will remember YLF for the rest of my life— all you guys changed my life!"

"The project has helped me improve myself and prepare me for the future."

"YLF was a great week, I'm blessed that I got to go and meet new people and have fun!"