



## SRC NEWS

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### *Introduction*



*Dear friends!* Welcome to week twelve (12), the final week for lectures. Hope you all are well and happy as we are nearing the finishing line. Our meeting the folk this week, we will meet Frances Cassidy with a beautiful reflection on 'Gratitude'.

### *Meeting the folk –Frances Cassidy*

Frances Cassidy Gratitude October 2020

### **Affirmation for the day:**

**Life can be ordinary, or it can be great.**

*Greatness is mine by a conscious effort.*

Some days it can feel difficult to stay focused on Gratitude. Many people are feeling unbalanced and uncertain during this time of global crisis. Layers of stress have generated a diversion and have

*"Your storms are only temporary, but the blessings of God last forever." dailyscrolls.com*

added to feelings of imbalance. While we do not know what lays before us, we can take small steps to make our life more fruitful.

Taking even just a few moments during the day to focus on gratitude when we express gratitude and receive gratitude our brain releases dopamine and serotonin, the two crucial neurotransmitters responsible for our emotions and make us feel good. They enhance our mood immediately, making us feel happy from the inside

It may be hard at first to name five things. Overtime, your brain will begin to consciously seek out gratitude and add to the list:

Practice:

1. Every day write in a notebook or journal five things/events/people/moments that you are grateful for.
2. Reread this whenever you begin to feel a sense of imbalance or fear. You can also begin a bedtime ritual of naming a few things that you were grateful for during the day.
3. Keep this journal next to your bed and add to it every evening.

Acknowledging that it's the awareness of what you feel, big or small, that fosters the feelings of gratefulness helps you identify what touches your hearts that makes you pause for a moment and feel the joy of a loving conversation or a single word, the beauty of nature, being grateful for the simple basics in our lives that we may have taken for granted.

As we work together through these challenging times, we will learn to trust our instincts, trust our choices (that is scary) and have more patience with ourselves to have a life of ordinary greatness. Ordinary greatness is being responsible for my actions, awareness of those moments of joy, forgiving myself for my past choices which spell freedom, emotional and spiritual growth for me and learning to like and love myself.

And in this uncertain time, I am reminded that life challenges are not supposed to paralyse me, they are supposed to help me discover WHO I AM.

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Consider what you are learning about yourself right now. Is there something that took you by surprise as it has me? Has this social distancing/isolation awakened you to the idea that this might be a wonderful opportunity to expand on your Life and find ways to create a life full of ordinary greatness?

~~~ **The more grateful I am, the more beauty I see.”** ~~~Mary Davis

**“I don’t have to chase extraordinary moments to find happiness—it’s right in front of me if I’m paying attention and practicing gratitude.”** ~~~Brené Brown

### Notices

- ✓ **Check St Pascal’s Library Website for more information regarding books and other resources.**
- ✓ **Nomination for SRC positions 2021 are open. Consult the flyer that will be sent to you, for more information**
- ✓ **The SRC extend huge GOOD LUCK to every student with your final papers and exams.**

## *Weekly quote*

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**“How many diplomas we have received how much money we have made, how many great things we have done. We will be judged by “I was hungry, and you gave me something to eat, I was naked and you clothe me. I was homeless, and you took me in.”**

*Mother Teresa*

### *Acknowledgement*

*For the great support and tireless effort given towards the students, we thank the YTU Admin team and all our lecturers. Though, this year has been challenging with the pandemic; you were able to make possible our lectures as we almost reach the finishing line of the academic year in 2020.*

*To all students’ tutors who willingly and generously have given their time in working with the students.*

*To all SRC members and fellow students, thank you for great corporation and collaboration.*

*“Your storms are only temporary, but the blessings of God last forever.”* [dailyscrolls.com](http://dailyscrolls.com)