



Embrace Health Foundation

The Embrace Gratitude Campaign

Embrace Health Foundation supports gratitude in reflections that support the resilience and health for children and youth.

Resilience and wellness for children and youth through reflecting on things to be grateful for supports the development of self-awareness. Supporting their development of mindfulness practices supports their time to be reflective and expressive with things, people and routines they value in their lives. As each child and youth sets to thrive and stay resilient Embrace Health Foundation is here to support them and their families.

As advocates and researchers in the sphere of self-esteem our data sports key insights into the relevance and stimuli that influence their self-esteem and health and wellness.

Please support your child and youth to develop daily mindfulness routines that support gratitude. These reflections will support their personal grounding and routines daily to keep building momentum and resilience daily. These key practices build positivity and a sense of self-regulation in an ever changing world.

In simple creative ways the mention and demonstration of gratitude in reflections builds a sense of acceptance and value daily into their lives. A redefinition of what is important to them as individuals. There has never been a more important time to build the self-esteem of children and youth and support their self-awareness and what this means to them now and in the future.

Click [here](#) to complete our survey

