

Monthly Newsletter

March 2026



Clinician Spotlight:
Kelly Cramner, LPC,
CTP, CAADC, NCC
Location: Reading

Kelly is a Licensed Professional Counselor (LPC), Certified Trauma Professional (CTP), Certified Advanced Alcohol and Drug Counselor (CAADC), and National Certified Counselor (NCC) with over nine years of experience in the mental health field. She earned her Master's degree in Clinical Counseling from Alvernia University in 2016.

Kelly is passionate about helping individuals create positive change, build healthy relationships, and recognize their personal strengths. She specializes in supporting those experiencing trauma, substance use challenges, depression, and anxiety.

Her therapeutic approach is collaborative and strengths-based, incorporating evidence-based practices such as Motivational Interviewing, Cognitive Behavioral Therapy (CBT), mindfulness, and grounding techniques. Kelly is known for her approachable and supportive style, creating a safe space where individuals feel heard, respected, and empowered on their journey toward healing and growth.

Finding Your Luck: Gratitude and Positive Thinking

As we celebrate St. Patrick's Day, many of us think about luck—four-leaf clovers, pots of gold, and good fortune. But in mental health, “luck” often comes from something much more powerful and within our control: gratitude.

Gratitude is the practice of intentionally noticing and appreciating the positive aspects of our lives. Research shows that cultivating gratitude can significantly support emotional well-being, strengthen relationships, and help people build a more positive mindset.

How Practicing Gratitude Improves Mental Health

Scientific research consistently links gratitude with improved mental health. Studies show that people who regularly practice gratitude tend to experience more positive emotions, greater life satisfaction, and fewer symptoms of depression and stress.

Gratitude can also have physical and neurological benefits. Expressing thankfulness has been associated with better sleep, improved mood, and reduced anxiety, while also helping calm the body's stress response.

In positive psychology research, gratitude is strongly associated with greater happiness and resilience, helping individuals cope with life's challenges and build stronger social connections.

Simply put, when we intentionally focus on what is going well, we train our brains to notice more positive experiences.

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Recognizing Everyday “Lucky” Moments

Many of the things that support our mental health happen in small, everyday moments:

- A supportive text from a friend
- A peaceful walk outside
- A kind gesture from a coworker
- A moment of laughter with family

These moments may not feel extraordinary, but recognizing them can shift our perspective. Practicing gratitude encourages us to pause and acknowledge the positive experiences that might otherwise go unnoticed. Over time, this habit can reshape how we view challenges and setbacks.

A simple way to start is by asking yourself each day:
“What went well today?” or “What am I grateful for right now?”

Building a Positive Mindset

A positive mindset does not mean ignoring difficulties or pretending problems do not exist. Instead, it means learning to balance challenges with awareness of what is still meaningful, supportive, and hopeful in our lives.

Research suggests that even small gratitude practices—such as writing down a few things you’re thankful for each day—can improve overall well-being and help build a more optimistic outlook.

Try these simple gratitude practices this month:

- Keep a gratitude journal and write three things you appreciate each day.
- Share appreciation with someone who has positively impacted your life.
- Pause and notice small positives, like a favorite song, a warm cup of coffee, or a moment of calm.

Over time, these habits can help cultivate resilience, improve mood, and strengthen emotional well-being.

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While we can't control every challenge life brings, we can choose where we focus our attention. By noticing the everyday "luck" already present in our lives, we can build a mindset that supports resilience, gratitude, and mental wellness.

This St. Patrick's Day, take a moment to reflect on the people, experiences, and small victories that bring meaning to your life—your own personal pot of gold.

Sources

- Mayo Clinic Health System – Research on gratitude and mental and physical health.
- UCLA Health – Studies linking gratitude with reduced stress, improved sleep, and lower depression.
- Research on gratitude and psychological well-being in positive psychology literature.
- Harvard Health Publishing – Evidence connecting gratitude with happiness and resilience.
- Insight Counseling Centers – Research on gratitude journaling and well-being.