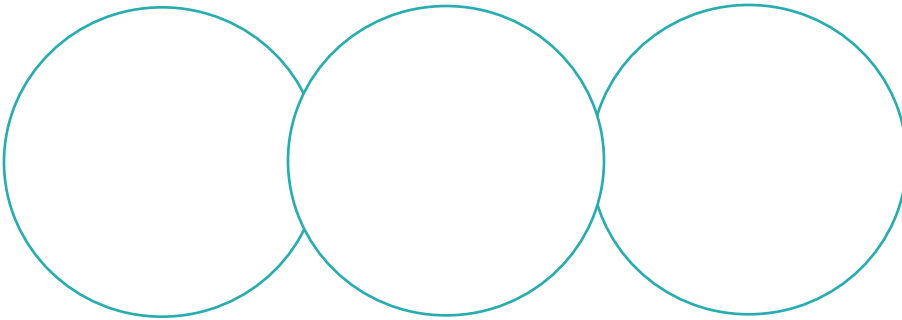


Self-Care Activity

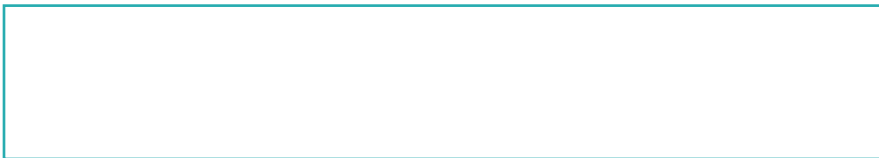
Gratitude

Practicing gratitude is one way we can take time to reflect on positive aspects of our day. Research indicates that people that practice gratitude experience more positive emotions, feel more alive, sleep better, express more compassion and kindness, and even have stronger immune systems. There are many ways we can practice gratitude. Here are a few:

Name 3 things you are grateful for today:



What is something that made you laugh this week:



What will you do this month to show gratitude:

YOU	
Co-Worker	
Family Friend	

Resources:

Gratitude Journal

University of Texas at Austin
https://cmhc.utexas.edu/pdf/UTC_MHC_GratitudeJournal_2017.pdf

13 Most Popular Gratitude Exercises & Activities

Positive Psychology Program
<https://positivepsychologyprogram.com/gratitude-exercises/>

Gratitude Practice Explained

Yale Center for Emotional Intelligence
<http://ei.yale.edu/what-is-gratitude/>



For more information or support:

WCASA
2801 West Beltline Highway #202
Madison, WI 53713
608-257-1516
www.wcasa.org