

# BE CONNECTED

## Gratitude Exercises

### JOURNAL ABOUT GRATITUDE



Take a few minutes every evening to write down five good things about your day. The entries don't have to be major events—they might be as simple as a good meal, talking to a friend, or getting through a difficult challenge.

### WRITE A LETTER

Think about someone who has had a major impact on your life, someone who you would like to thank, or someone who you appreciate having in your life. Write a letter or email with specific details about what it is you appreciate about them. Send it to them if you are able to, or share it with someone else if not.



### SAY "THANK YOU"



Keep your eyes open throughout the day for reasons to say “thanks.” Try to recognize the small actions people do every day that might be overlooked such as a colleague who always goes the extra mile, a family member who steps up to do their part, or a friend who always seems willing to listen.

### TAKE A GRATITUDE WALK

Go for a walk in your neighborhood, making sure to wear a face covering or mask and to keep a physical distance from others, and make a special effort to appreciate your surroundings. You might notice the smell of flowers, a pretty building, or a soothing breeze. Spend a few minutes focusing on each of your senses (sight, hearing, taste, smell, and touch) to find new things you may not have noticed.

