

Mental Health & Happiness Series

Be Kind to Your Mind, Body and Community

Activities to Maximize Gratitude

- Set a Wellness Goal
- Reflect on the week and write your gratitude list
- Write Thank You Notes
- Be Kind, Rewind: Plan an act of kindness to share tomorrow
- Create Your Zen Zone

Set a Wellness Goal

I will _____ (action or practice)

_____ (frequency)

by _____ (timeline).

My accountability buddy: _____ (name).

Gratitude List

There are many things in our lives, both large and small, that we might be grateful about. Think back over the events of the past week and write down up to five things that happened for which you are grateful or thankful. When you have finished creating your list, read it and notice how you feel.

This week I am grateful for:

1. _____
2. _____
3. _____
4. _____
5. _____

After reading my list, I feel _____

Source and more information: <https://gratefulness.org/resource/expressing-gratitude/>

Thank You Notes

Be descriptive: Add details of what you appreciate and how this made you feel

To:

- Someone you know very well

- Someone you don't know well (yet)

- Yourself

Next, wish each person well by extending these compassionate phrases.

May you be happy.

May you be healthy.

May you be safe.

May you live at ease.

Be Kind, Rewind

Before you start writing, reflect on the expressions of kindness that you appreciate and how kindness makes you feel.

1. If you could start your day over again, what is one random act of kindness that you would do?

2. How will this benefit the recipient(s) of your kindness?

3. How will this shape your actions tomorrow?

Create Your Zen Zone

Your environment has an influence on your well-being. Refine a space in your home to encourage reflection and being present. Include:

- Reminders of what you are grateful for
- Writing supplies
- Consider all senses (see, hear, taste, smell, touch)
- Lighting and comfort

My space will include: