

Attitude of Gratitude

In times of great challenges and social upheaval, sometimes re-focusing on the good things in life can be a fabulous way to stay positive and maintain your social wellness, even when feeling isolated. Here are some ideas you can do in the comfort of your own home:



- ✓ Write a letter to a friend or family member. Tell them what about them makes you smile. Put a stamp on it and get it in the mail. Repeat! Repeat!
- ✓ Think of three things you are grateful for. These could be people, items around your house, technology, or services you use. Write them down, share them with a friend, or give thanks out loud for them.
- ✓ Look through your belongings. Find something that was a gift. Consider why you kept this gift and consider the thoughtfulness of the giver. Thank them, either directly or through thoughts and prayers for the gift.
- ✓ Call a friend and spend some time reminiscing of all the good times you have had together. Share your gratitude for those great memories with them.
- ✓ Send out thank-you notes to your local hospitals and clinics, letting them know their efforts are appreciated and you are grateful they are there, serving your community.

Keeping your mind, your spirit, and your body active during this unique time can help you stay healthy and ready for life when it returns to normal. Focusing on the positive things you can control and activities that keep you going can make all the difference for you!

Reach out to your Community Life Director or Wellness Team for additional ideas and resources.