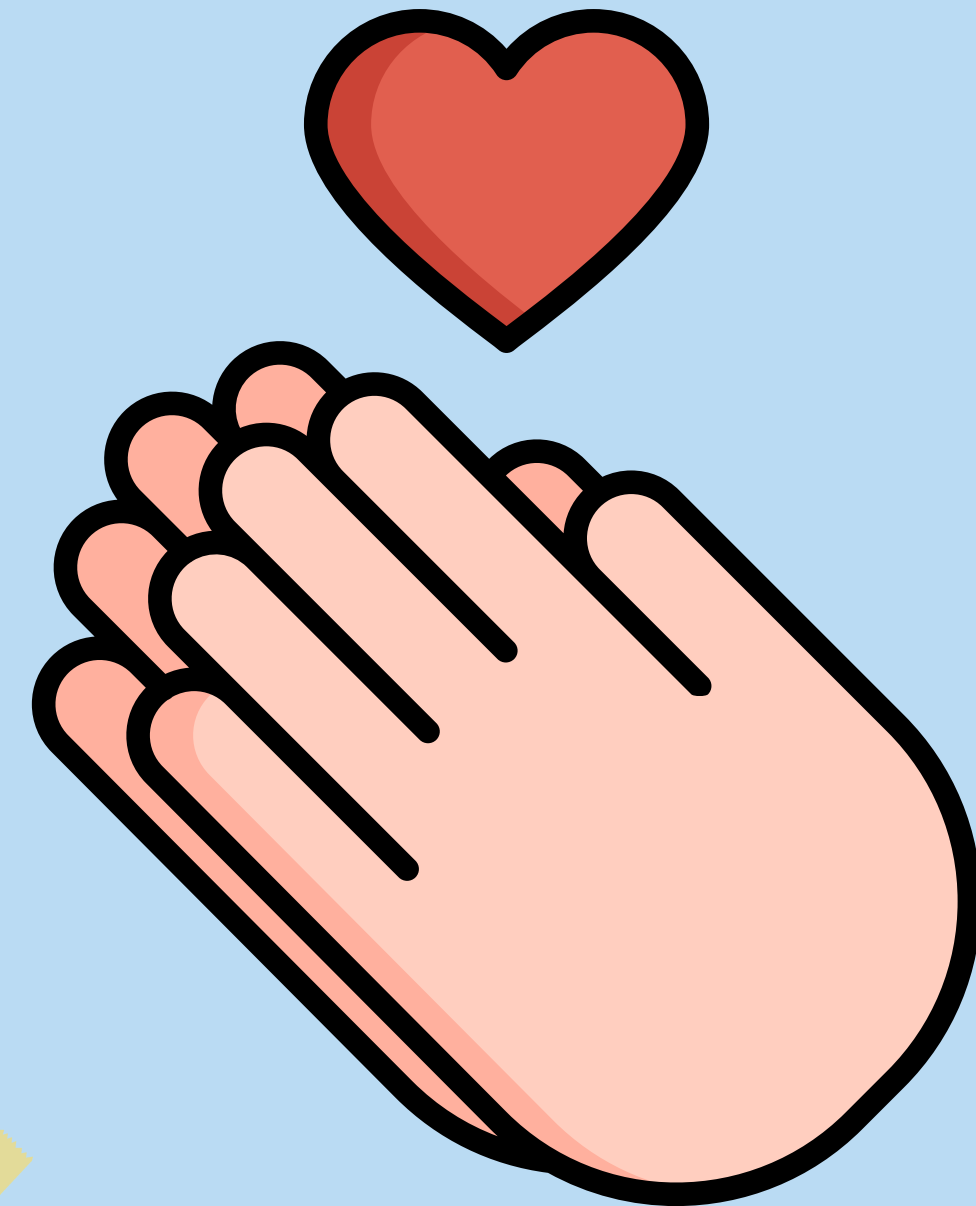


Self-Care Series

Gratitude



Learning Agenda

Let's Talk About:

- Gratitude re-trains your brain
- Let's practice
- How to add it to your daily routine



Gratitude ✨

Focusing on the GOOD
and
being thankful for the things we have



Serotonin

Dopamine

Gratitude can re-train your brain!

- increasing positive thoughts and emotions
- feel more alive
- sleep better
- express more compassion and kindness
- build stronger relationships
- stronger immune systems
- better manage adversity



Making it a Habit



A Daily Cup of Gratitude



Gratitude Table Talk



Gratitude Jar

GRATITUDE EXERCISE

Choose 3 prompts and complete the sentence.



A place I am grateful for is _____ because...



I am grateful for my friendship with _____ because....



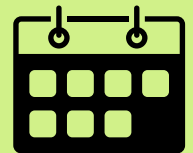
I am grateful for my family/friends/coworkers because...

me

I am grateful for who I am because...



Something silly that I am grateful for...



Something good that happened this week...

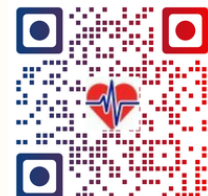


A food I am grateful for is _____ because...

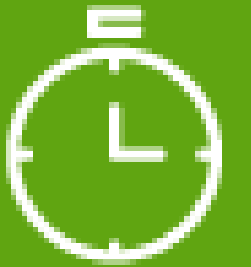


Something else I am grateful for...

Wellness Moments



3 Good Things



Practicing gratitude can improve your mood, self-esteem, and make you better able to deal with difficult situations.

This exercise trains our brains to be more aware of the positives in life. Ask yourself these two questions every day:

- What 3 things went well today?
- How did these things occur? or How did I contribute to them?

Find more mental health and wellness resources at www.purolatorhealth.com



This Wellness Moment is available on the Purolator Health site



Thank you!

Send us a message at
purolatorhealth@purolator.com
if you have any questions.