



Feel-Good Friday

On a scale of 1-10, with 10 being the best, how do you feel right now? **Thank you** for your self-reflection and honesty. Thank you for caring about your emotional and social health. I **appreciate** your openness to new ideas, your dedication to being your best self, and your commitment to sharing the insights from your wellness journey with others. I am **grateful** for your kindness and the many ways you share your goodness with others. Rate your overall mood again. Did the number go up? How did you feel while reading the gratitude statements? Now imagine if someone more closely connected to you were to say these words to you. That would be even more heart-warming, correct? Now, think of all the people in your life that you can thank today. **Does gratitude seem out of reach because of sadness? Try these tips to ignite your gratitude:**

Connect with **nature** by going or looking outside: What wonders of nature do you notice when you focus on each of your five senses (sight, touch, hearing, smell, and taste)? Focus on gratitude for each detail of those experiences.

Connect with **joyful memories**: Who do you miss right now? How do you feel when you spend time with that person? Think of a specific, joyful interaction you've had together. Then, thank that person for the time together or for a character trait you value in them. If your memory is of someone who has passed away, share the memory with a family member or friend and thank that person for listening.

Notice **helpers**: Who makes everyday tasks possible for you? Thank them.

Share the spark of gratitude by texting, calling, emailing, sending mail, or chalking a "thank you" message on a sidewalk for family, friends, co-workers, neighbors, clients, customers, patients, students, teachers, mentors, medical professionals, garbage and recycling truck drivers, landscapers, custodians, cashiers, delivery drivers, librarians, mail carriers, and more. **Thank you for reading and sharing Feel-Good Fridays!**

You Can Share Gratitude