



Feel-Good Friday

Fill yourself with gratitude for your five senses as you focus on:

Sites that Bring a Smile to Your Face — a photo on your phone, the view out your window, a piece of artwork displayed in your home...

Items You Can Touch or Hold — a warm pair of socks, the soft fur of a pet, a fluffy pillow, a cozy blanket, warm water in a shower...

Sounds You Can Hear — a song that uplifts you, the voice of a friend or family member, laughter—or a moment of calming silence...

Smells that Delight You — a candle, fragrant soap, coffee, fresh fruit...

Tastes that You Like to Linger on Your Tongue — a strong mint, refreshing tea, your favorite sweet or savory food...

*As you feel gratitude wash over you,
share this challenge with someone you appreciate.*

Gratitude Challenge

To receive email updates on current Emotional Wellness Programs, including virtual presentations, send an email saying "Feel Good" to emotional-wellness-no-reply@tricityfamilyservices.org