

# Wellness Wednesday

Your midweek reminder to prioritize your wellbeing.

20th of November

## Benefits Of Gratitude

- Provides happiness that lasts
  - Improves physical health
  - Improves mental health
  - Facilitates better sleep
  - Strengthens self-control
  - Facilitates social well-being
  - Helps career and life goals
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Click the image above for a brief video:  
An experiment in Gratitude



*Practice*  
**GRATITUDE**

Click the image to the left for an article on How to Practice Gratitude

Click the image to the right for 12 gratitude journal prompts.



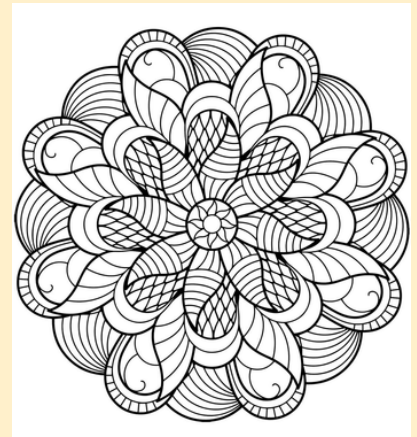
**988** SUICIDE & CRISIS  
LIFELINE



Click above for a brief guided meditation.

### This Week's Affirmation:

I am in the process of becoming the best version of myself, and for that I am grateful.



In the mood to color?  
Click the image and enjoy.

Want to be happy? Be grateful! Click the image to the left for a powerful video.

