

# What's Well



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*"Every day may not be good, but there is something good in every day." - Alice Morse Earle*

**Challenging. That's one word we could use to describe the last few months. We've adapted, we've been flexible, we've compromised our expectations... and now, it's the perfect time to note the positives.**

## Gratitude

Acknowledging the good and the positive on a regular basis is suggested to decrease stress, anxiety, and depression as well as build stronger connections to those around you. The observances can be small, but have the ability to leave a large impact.

**Daily:** Every day it is possible to take a moment to acknowledge the aspects of your life that you are grateful for. Consider what/who makes you happy. Consider those that make you feel cared for. Consider anything that makes your life easier and better. Consider what your life might be like without certain things or people or places. Consider the world outside you as it impacts you.

**Weekly Journaling (1 to 3 times per week):** Be as specific as possible. Open up about yourself and your life. Focus on depth over breadth. View this as an opportunity to dive into what really makes you thankful.

**Example Format:**

**-3 Things That Went Well This Week:**

**-3 Things I'm Grateful For This Week:**

**-What I'm Looking Forward To Next Week:**

**-One Thing I Like About Myself OR Am Proud Of For This Week:**

