

"I am thankful"

Gratitude can help us feel hopeful for the future, and resilient.

Take three deep breaths in and out. When you breathe, think of three things - no matter how small - that you are grateful for today, and tell someone else.

Day 1: Today I am grateful for

Day 2: Today I am grateful for

Day 3: Today I am grateful for

Day 4: Today I am grateful for

Day 5: Today I am grateful for

Day 6: Today I am grateful for

Day 7: Today I am grateful for
