

WE ALL HAVE MENTAL HEALTH



Gratitude Walk

Take a deep breath and bring your thoughts to gratitude.

Find a place to walk for 2-3 minutes and create a mental list of all the things you are grateful for

Variations:

- Walk with a partner and share your lists with each other
- Journal or write down your gratitude list.

Self-Care Tip: MINDFUL MOVEMENTS can be used to energize, wake up, release energy and learn healthy self expression.