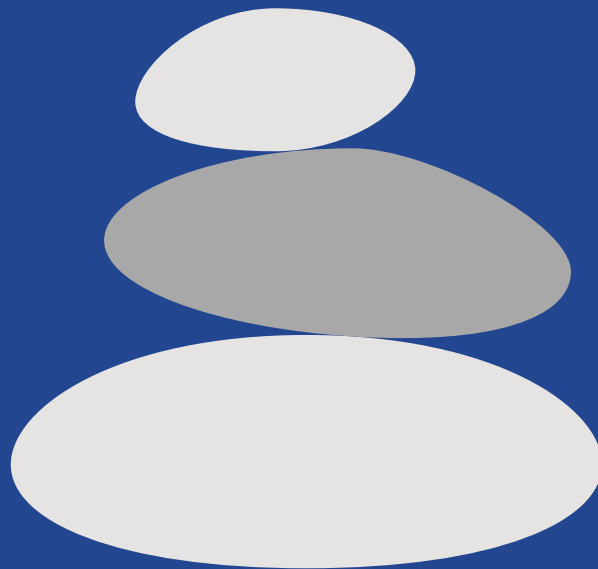


Practice Gratitude Daily!

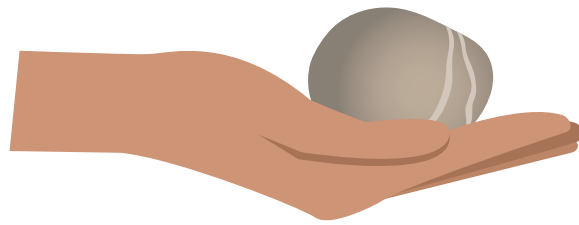
# GRATITUDE ROCKS



**THIS WEEK'S NOOK ACTIVITY IS HERE!**

Pick up a printed copy of our step-by-step guide outside of the OHP or swipe through our Instagram/Facebook story to learn more!

WE ALL KNOW THAT GRATITUDE IS IMPORTANT, BUT SOMETIMES WE CAN USE A TANGIBLE REMINDER TO CULTIVATE IT.



Gratitude can help us:

- **Strengthen relationships**
- **Increase happiness and life satisfaction**
- **Improve sleep**
- **Enhance resilience**

The key to these benefits is to make practicing gratitude a **routine**—this is where Gratitude Rocks come in! By keeping around a physical item you can easily feel or notice each day, you will be **reminded daily** to stop and think of things in your life you are grateful for.

# GRATITUDE ROCKS GUIDE

1

**Find a rock!** Multiple will be set out on the Nook Table on-campus, but any light rock will do!

2

Using a paint pen or Sharpie, **write a word on the rock that will remind you of gratitude.** This could simply be the word "grateful," or could be a word or name with personal significance.

3

Place your gratitude rock somewhere you will interact with it **every day**: in a pocket or purse, on your desk, or in a wallet.

4

Every time you see or feel the rock, hold it and **reflect on something you are grateful for!**

5

Repeat!

## TIPS

- Choose something specific to reflect on, rather than general gratitude.
- After reflecting, share that gratitude with the ones you love!