WRITE A

Thank You Note

This week’s Nook activity is here! Pick up a thank you card or make your own. Swipe through our IG/FB story to learn more!
There are many benefits to giving and receiving thank you notes.

Expressing gratitude in a handwritten note boosts positive emotions and well-being for both the person writing the thank you note, and the person receiving it.

Displaying gratitude has a number of tangible benefits from increasing self confidence to improving our friendships. Grab a thank you card and benefit from expressing gratitude today!
Things to Keep in Mind When Writing a Thank You Card

1. **Write from the heart**: Tell the person why it is you are thankful for them.

2. **Keep space in mind**: Thank you notes can be all different lengths; make sure you have enough space.

3. **Take your time**: Sometimes finding the right words can be hard, if you are really struggling take a little break and come back later.
Connect with OHP!

Social Media

@carletonswas

Carleton SWAs

Carleton College
Office of Health Promotion

Sign up for our Newsletter

Scan this QR code to sign up for our weekly SWA newsletter, providing OHP updates and information about activities offered by our office!

go.carleton.edu/ohp