

Mindful Reset:

In a safe place sitting down. Take a deep breath and close your eyes slowly exhaling.

1: Think of someone you love

Wonderful

2: Think about a place that makes you feel at home. It could be as big as a city or as small as a particular park bench.

Lovely

3: Think back to a time when you saw an incredible sunset. Try to visualize it.

Beautiful

4: How about an activity that makes you lose track of time? Imagine yourself doing that activity

Nice

5: What's a food you love to eat? Just ponder and think about it for a moment.

Delish

Let's Recap: 5 things Person, Place, Sunset, Activity, Food – There you have it, you just did a gratitude practice. It is one of the simplest ways to help you feel better and reset your mind.