

GRATITUDE

Noting 3 Good Things

WHY PRACTICE GRATITUDE?

Because it will change your life for the better!

Scientific research done over many years, by many respected researchers and institutions, proves that without a doubt, focusing on what is good in your life will help you become a happier, healthier, more sociable person.

Simply spend 5 or 10 minutes at the end of the day to write your three good things. Do it for 30 days and see what a difference it can make in your life!

In 2015 the Mental Fitness Goal Group of Crow Wing Energized launched a 3 Good Things / Resilience campaign to help impact the mental health of the county residents. Make a positive impact on your mental health and resiliency. The campaign is based on research done at Duke University by J. Bryan Sexton, Ph.D., Director of Patient Safety Center, Duke University Health System and MidMichigan Health, University of Michigan Health System:

www.youtube.com/watch?v=57ru-P7EuMw

www.midmichigan.org/quality-safety/3-good-things

To request 3 Good Things notepads contact Karen.Johnson@EssentiaHealth.org

To learn more about the Mental Fitness Goal Group contact co-chairs

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3 GOOD THINGS NOTEPADS

Crow Wing energized **Three Good Things**

Being aware of good things in your daily life can significantly improve mental, social, and physical well being. Note three good things every night to develop an **"Attitude of Gratitude"**.

1 _____

2 _____

3 _____

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