

Attitude of Gratitude / Resiliency Tools

WHY

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

3 GOOD THINGS NOTEPADS



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 _____

CrowWingEnergized.org

WHAT

Crow Wing Energized (CWE) is spreading resilience and growing a positive attitude in residents of Crow Wing County (CWC) to help improve overall mental health, which is also linked to physical health. Tree posters brightened outlooks at various businesses, local government buildings, churches, health care organizations, special events, etc. with stick on leaves where residents note gratitude.

Your school, business, church, or any organization can help develop an attitude of gratitude by partnering with CWE efforts for no costs to you. Three sizes of vinyl posters: 2x4, 3x5, and 4x6-foot vinyl tree posters are available to be checked out, on a first-come, first-served basis. As part of the tool, you may also receive building resiliency book marks, and 3 good thing notes pads.

BOOKMARKS

BUILDING RESILIENCY

Learn how to be healthy and hopeful even when bad things happen!

Sleep 7-9 hours a night to maximize brain function, physical performance and increase willpower.

Eat healthy foods - critical for brain development and function, as well as improving mood.

Be physically active to enhance brain performance, boost mood and overall well being.

Live mindfully to reduce stress, increase focus and improve relationships (just to name a few benefits!)

Write down 3 good things that have happened to you each day every night before you go to bed to increase long-term happiness.

Set mini goals to keep motivated and make achieving a larger goal easier. Work a little bit toward a larger goal each day to make progress on a larger goal.

Take time for visioning and self-reflection daily to help remove inner road-blocks and develop inner growth, attain clarity, and immense self-power.

TREE POSTERS AND LEAVES



St. Francis of the Lakes School created fall colored leaves on the 4x6 tree poster as part of a Thanksgiving effort.

Crow Wing energized

www.CrowWingEnergized.org

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ATTITUDE OF
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RESILIENCY
3 GOOD
THINGS



Top: Individual 3-dimensional attitude of gratitude trees were created from branches by Northern Pines Mental Health for school children.

Middle: Make It OK Presentation.

Bottom: Panel discussion with Q & A following screening of Paper Tigers film about youth adverse childhood experiences and resilience.

WHO

Many community members have benefited from resilience tools, as well as gratitude and Adverse Childhood Experiences presentations, including non-profits, schools, faith community, and work places. Numbers reached:

2015/2016	6,982
2016/2017	13,571
2017/2018	16,400
2019/2020	10,432
TOTAL	47,385

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energized

www.CrowWingEnergized.org

HOW TO CONNECT

CROW WING ENERGIZED MENTAL FITNESS GOAL GROUP

PURPOSE: To encourage and equip citizens in achieving and maintaining mental fitness.

GENERAL DESIRED OUTCOMES:

1. Build networks throughout the county to equip citizens in achieving resilience.
2. Increase the practice of intentional choices to reduce stress and anxiety.
3. Educate to increase the community knowledge on mental fitness so individuals can make positive choices regarding their overall health.

The Mental Fitness Goal Group meets the second Thursday of the month at 7:45 am

For **more information** or to **get involved** please email
Nathan Bertram at Nathan.Bertram@crowwing.us
Julie Christensen at JChristensen@nystromcounseling.com

ARC (ACEs and Resilience Coalition)

PURPOSE: To achieve a healthier community through

1. public education about the Adverse Childhood Experiences (ACEs),
2. promotion of resilience building knowledge and skills at the individual, family and community levels.

For **more information** and/or to **host a presentation** please email
Lowell Johnson at johnsonlowells@gmail.com

If you would like **more information** or want to **check out an attitude of gratitude tree poster and utilize free resiliency tools**, please e-mail
Karen Johnson at Karen.Johnson@EssentiaHealth.org

OTHER ONLINE GRATITUDE LINKS

<http://greatergood.berkeley.edu/topic/gratitude>

<http://happierhuman.com/benefits-of-gratitude/>

<http://www.abundance-and-happiness.com/gratitude.html>

<http://www.dailygood.org/story/512/what-is-gratitude-the-greater-good-science-center/>

<https://www.authentic happiness.sas.upenn.edu/>

<http://emmons.faculty.ucdavis.edu/>

A grassroots community health and wellness movement led and funded by

