

“Gratitude is the single strength that correlates most with happiness.”

Martin Seligman, Director, Penn Positive Psychology Center, University of Pennsylvania

# Relax. Recharge. Reconnect.

## Attend a Mindful Gratitude Workshop Support Mental & Emotional Wellbeing

Challenges at work, home, in relationships, and in society can leave us feeling sad, hurt, disconnected, frustrated, or even angry. Research shows that mindfulness and gratitude can help us cope with difficulties and improve mental, emotional, and physical health.

But **how** do we put mindfulness and gratitude into practice? Show yourself some TLC, and attend a Mindful Gratitude workshop to find out! The Mindful Gratitude Workshop offers a safe and supportive environment for you to relax, recharge, and reconnect with your joy and purpose!

### Learn skills to help you:

- See the unique beauty in your life, even on the hard days.
- Stay calm, even in difficult situations.
- Stay centered, even in a fast changing world.

### Participants receive:

- Journal, pen, and sticker gift set.
- Online follow-up session to discuss barriers & breakthroughs!

### This workshop is for **you** if you:

- Want to find more **joy** and meaning in your everyday life.
- Want to improve your sense of wellbeing.
- Sometimes feel overwhelmed by work, family, relationships, and responsibilities.

“Be present in all things, and be grateful for all things.”

~ Maya Angelou

## Improve Wellness

During a relaxing Mindful Gratitude workshop you'll experience self-care in real time, and you'll learn research-based skills that are proven to help:



Relieve Stress



Improve Sleep



Build emotional resilience



Strengthen relationships  
with friends and family



MINDFUL  
GRATITUDE



COMMUNITY ADVOCATES  
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