

A close-up photograph of a person's eyes, which are closed. The image is centered on the eyes, showing the eyelashes and the skin around them. A semi-transparent blue rounded rectangle is overlaid in the center, containing the text "WARM-UP EXERCISE" in white, uppercase, serif font.

**WARM-UP
EXERCISE**



EXPRESSIVE WRITING



Expressive writing works **when you explore your deepest thoughts and feelings**

Pick a topic that is worrying you and explore why it happened, how it is related to other things in your life, and why it is bothering you now.

Do not worry about punctuation, spelling, and grammar. If you run out of things to say, draw a line or repeat what you have already written. Keep pen on paper.



GRATITUDE

DAILY GRATITUDE JOURNAL

Gratitude is a positive emotional state in which one recognizes and appreciates what one has received in life. Research shows that taking time to experience gratitude can make you happier and even healthier.

Take 5-10 minutes each night to write down 5 things for which you are grateful. They can be little things or big things. But you really have to focus on them and actually write them down. You can just write a word or short phrase, but as you write these things down, take a moment to be mindful of the things you're writing about (e.g., imagine the person or thing you're writing about).



GRATITUDE LETTER/VISIT

Write a letter of gratitude to someone you care about. Think of one living person who has made a big difference in your life, but whom you never properly thanked.

Then find a quiet spot when you have a half-hour free and write a heartfelt letter to that person explaining how he or she has touched your life and why he or she is meaningful to you.

Your letter can be as long as you want. Then you must deliver that letter to the person in question. Just say you want to talk to that person without explaining why. You could read the letter to your chosen person over the phone, but for an extra huge happiness boost, we recommend to meet in person to share your letter.

A gratitude letter is one of the most powerful tool for increasing happiness because it can forge social bonds and really change someone's life.



Name **a person** you are grateful for

Name **a place** you are grateful for

Name **a dish** you are grateful

Name **an item** you are grateful for

Name **a talent** you are grateful for

Choose **anything** you are grateful