

A vibrant landscape featuring a bright sun in a blue sky with scattered white clouds. Below the sky is a green field with a line of bushes in the distance.

# **MENTAL HEALTH AND GRATITUDE MOMENT**





**LET'S TAKE A MOMENT**

What am I grateful for today?





**LET'S TAKE A MOMENT**

Who am I checking in with/connecting  
with today?



A scenic landscape featuring a calm lake in the foreground, reflecting the surrounding environment. The middle ground is filled with a dense forest of evergreen trees. In the background, majestic mountains with patches of snow rise against a sky with soft, warm light, suggesting a sunrise or sunset. The overall mood is peaceful and contemplative.

**LET'S TAKE A MOMENT**

What stressful expectations am I  
letting go of today?



A scenic landscape featuring a calm lake in the foreground, a dense forest of evergreen trees in the middle ground, and a range of snow-capped mountains in the background under a dramatic, cloudy sky. A faint rainbow is visible on the left side of the image.

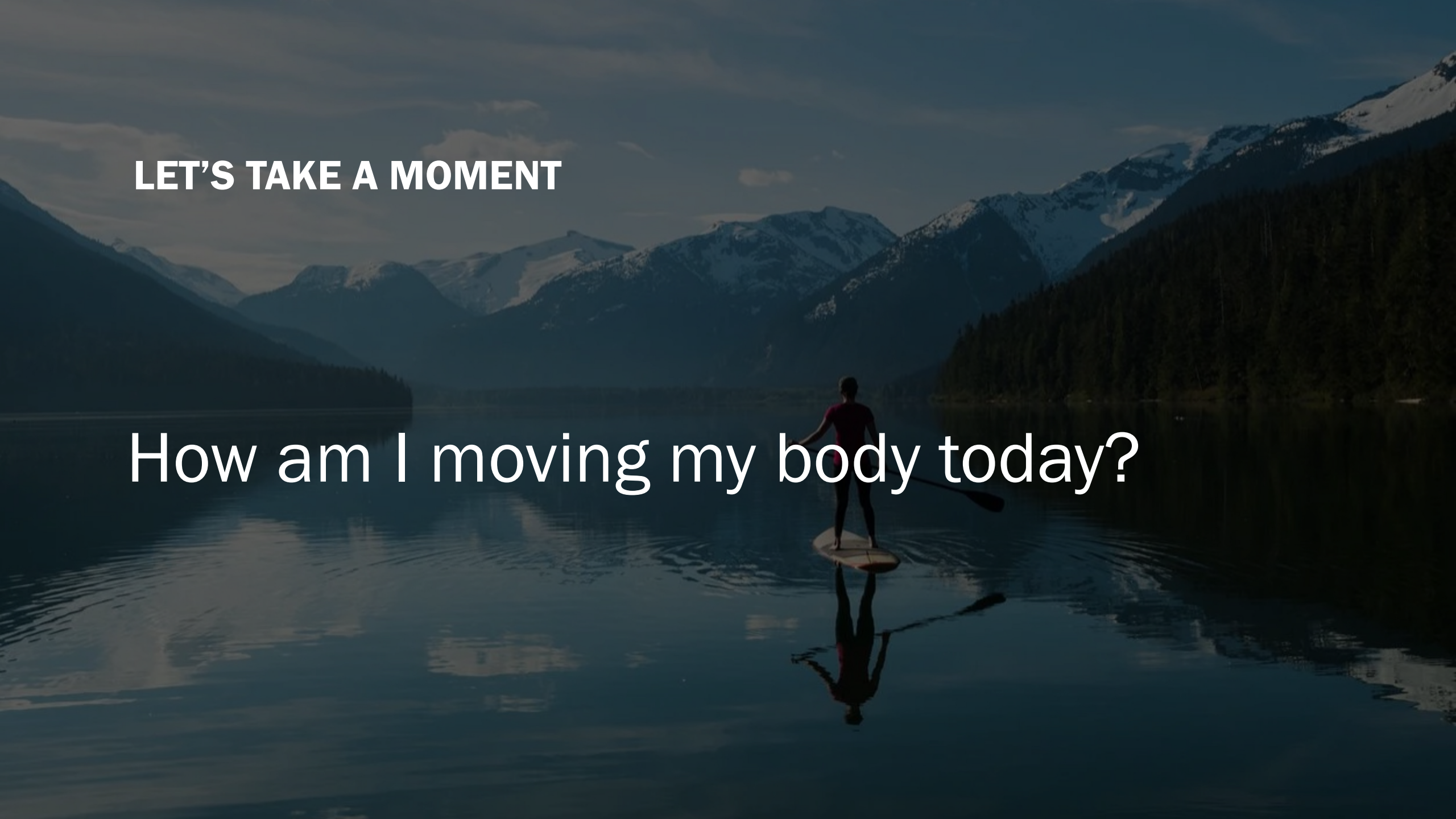
**LET'S TAKE A MOMENT**

How am I getting outside today?



**LET'S TAKE A MOMENT**

How am I moving my body today?







**LET'S TAKE A MOMENT**

What beauty am I either creating,  
cultivating, or inviting in today?



**THANK YOU**

*Remember to breathe*