



GRATITUDE & WELLNESS PRACTICES




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SEXUAL ASSAULT AWARENESS MONTH 2025




GRATITUDE PRACTICE



Routine: Try incorporating gratitude into your daily routine; this could look like keeping a journal where you record your gratitude or setting aside time to say what you're grateful for aloud.



Meditation: Gratitude can also be meditation. Try spending 5-10 minutes reflecting on what you're grateful for—from people in your life, experiences, places, feelings, sounds, sights, etc.




Expression: Express and acknowledge your gratitude to others. Write a thank-you note, send a heartfelt text, or verbally express your gratitude to someone. Make it personal and specific.







WELLNESS PRACTICE



Movement. Gentle movement can do wonders for your headspace! Take a walk outside or do some gentle stretching or yoga.



Prayer & Medicine. Our spiritual health is an important part of our wellbeing, and must be cared for. Take time to pray, smudge, and/or reflect each day, even for just a few minutes.



Laughter. Sometimes clichés are true—laughter really can be the best medicine! Whether it's watching a comedic movie or spending time with someone who makes you smile, joy does wonders for our wellbeing.



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