



COUNT YOUR BLESSINGS

'Count your Blessings' is a simple relaxation tool to get participants away from their distractions, and tuned in to an exercise.

Conduct:

- Engage participants to settle in, relax, and place their devices aside. Ground themselves by placing their feet firmly on the ground and get comfortable in their seats.
- Prompt participants to think of:

3 things that they are grateful for today

- While they are thinking, encourage them to write these 3 things down. Use the 2nd page of this document. Using the second row, ask the participants to write down:

Why they are grateful for these 3 things

- Have the participants process the reasons for why they are grateful, some may have answered out of convenience. It's worthwhile to consider the real reasons for being grateful.
- As the facilitator, share one of the three things that you have written yourself.
- Encourage participants to keep to practice this blessings exercise as part of their personal journalling.

Research has shown psychological benefits to being grateful, including feeling happier and lowering stress, depression and anxiety

Blessed

SCAN THE QR CODE FOR MORE WELLNESS RESOURCES








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MINDWHATMATTERS

Using the columns below, write down three things that you feel blessed for today, and why you feel blessed for them.

 1	 2	 3

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