A "Refill Your Tank" Mini-Workshop

Gratitude in Minutes

A Sampling of Daily Gratitude Habits to Build Resilience, Self-Care, & Positivity

Gratitude ABC

Gratitude Jar

Gratitude Journal

TP Gratitude

Gratitude at Work:

- Gratitude Slack Channel
- Gratitude Email Thread
- Opening/Closing Practice for Meetings
- Accountability Buddies
- Daily Ritual for Arriving/Leaving Work

Learning through Laughter
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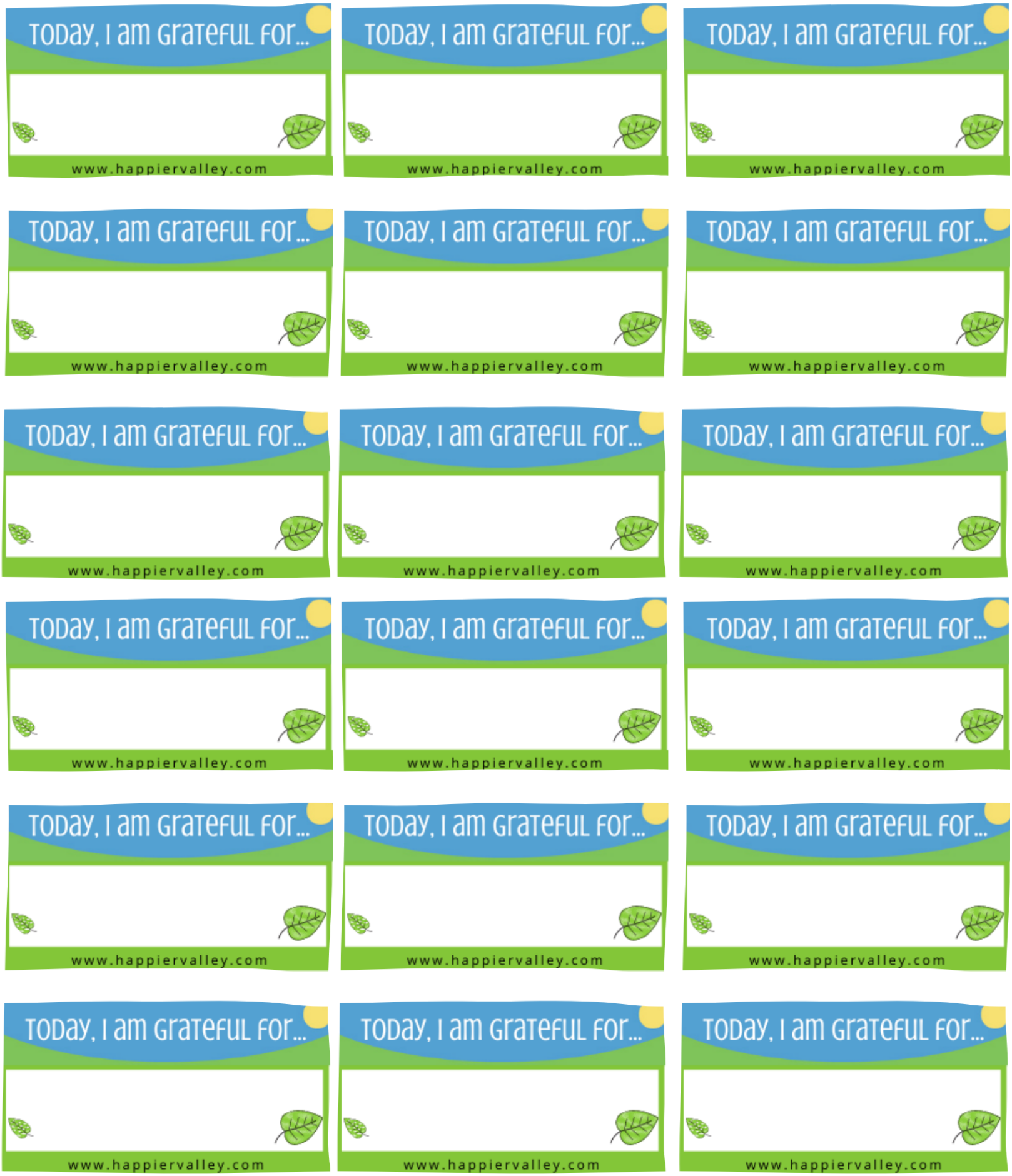
Gratitude

A B C

Every day, write down one thing you're grateful for that starts with the next letter of the alphabet

A	J	S
B	K	T
C	L	U
D	M	V
E	N	W
F	O	X
G	P	Y
H	Q	Z
I	R	

Gratitude Jar Slips



My Gratitude Journal

Gratitude as a Wellness Habit

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Deliberate Rest Awareness

Things that Drain Me	Things that Energize Me

Brainstorming about

DELIBERATE REST MANAGEMENT

PHYSICAL * MENTAL * EMOTIONAL * SOCIAL *
CREATIVE * SPIRITUAL * SENSORY

Set break to lie down, stretch, walk, sit in sun, nap, or close eyes
20-20-20 eye rest
Designated screen-free time/place
Walk in nature
15 min. tea/coffee break
Do nothing
Yoga, meditate, religious service
Keep set working hours (including email)
Hang out with someone who fills my tank
Turn off my brain by...

Rest Management as Compassionate Self-Care

A Selection of Possible Rest Management Habits to Include in Your 30-Day Happiness Experiment

- **Rest Intentionally**: Plan *how* you're going to rest, whether it's physical, mental, emotional, social, sensory, creative, etc.
- **Schedule Rest:** Build rest time into your calendar and to-do list.
- **Focus**: Structure your daily schedule around unbroken periods of focused work. Investigate the Pomodoro Technique.
- **Be the Early Bird**: Try out scheduling your focused work time early in the day, so you can cut out earlier in order to rest.
- **Don't Work When You Don't Work**: Don't check your email/phone when you're not at work. Put an away message, if necessary.
- **Unplug**: Schedule time each day when you detach from your devices in order to get more productive rest.
- **Vacation**: The ideal vacation is a week off every three months. That's a tall order for many of us, so schedule vacation days as close as you can get to this ideal given your work demands.
- **Play More**: Schedule time for hobbies, sports, fun activities.
- **Explore Other Happiness Habits**: Sleep hygiene, movement, and meditation all provide mental and physical rest.
- **Music Walk**: Take a walk while listening to fast and slow music.
- **Connection**: Make a date with someone you enjoy spending time with. For at least 10 intentional minutes, give them your total focus (what they're saying and body language, etc.)
- **Just Say No**: Choose JOMO over FOMO by prioritizing rest over "have to" events that drain your energy tank. (JOMO = Joy of Missing Out and FOMO = Fear of Missing Out)

Sources Referenced: *How You Recharge Can Completely Transform the Way You Work*, Sleep, and Focus by Arianna Huffington and Alex Soojung-Kim Pang
The Power of Rest: Why Sleep Alone Is Not Enough by Dr. Matthew Edlund

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