

TRY THIS MINDFULNESS EXERCISE

GRATITUDE

Pause.

Breathe.

What can you be thankful for today?
Try to think of three things that you feel
grateful for, or three things that have made
you feel happy today.

Find out more visit:
[northumbrianhsstaffwellbeing.co.uk/
mental-wellbeing](http://northumbrianhsstaffwellbeing.co.uk/mental-wellbeing)

