**LIST REASONS TO REFRESH:** Take 10 minutes to reflect on what self-care means to you. Consider the reasons why you are participating in *Refresh From Stress: 30-day Inspiration*. Are you hoping for increased self-awareness, confidence or calmness? More energy, motivation, resilience or gratitude? Improved work performance? Healthier personal or professional relationships? Enhanced emotional or physical health? Better stress management coping skills? After thinking through your personal goals, make a list of 2 or 3 reasons you want or need to refresh. Refer to this list throughout the month to help motivate you to continue refreshing.

**SET & SHARE YOUR SMART GOAL:** People who identify goals, divide them into small steps, write them down, set deadlines and share them with someone else are MUCH more likely to follow through, stick to healthy habits and cope with stress more effectively. Take your list of reasons to refresh and choose one or two goals to create an action plan using SMART Goals. Not familiar with SMART goals? Use this [SMART Goal Sheet](#) to identify specific aspects of your goal(s) as a way to motivate your ongoing participation in *Refresh From Stress*. Don’t forget to share your action plan with someone, review it and check in with your progress regularly!

**ASSESS YOUR DISTRESS:** Given our current and ongoing unpredictable times, sometimes behavioral mental health concerns like depression, anxiety or substance use impact our well-being. In fact, *nearly half* of us will experience such a condition at some point in our lives. Although these conditions are treatable, only about 40% of people who need help ask for it. Fears of being perceived negatively, privacy concerns, financial barriers and lack of information or access to resources are common obstacles to receiving help. As part of *Refresh From Stress*, we encourage you to take the courageous step of getting a “check up from the neck up.” Take a free, anonymous self-assessment at [https://screening.mentalhealthscreening.org/EMORY](https://screening.mentalhealthscreening.org/EMORY), and/or reach out for assistance with assessing your distress or well-being. Request coaching on how to support a loved one or colleague who is struggling. The [Faculty Staff Assistance Program (FSAP)](https://www.emory.edu/FSAP/) or [ComPsych](https://www.compsych.com/) offers free, confidential, assessment, short-term counseling and referral services. Call FSAP @ 404-727-WELL (9355) or ComPsych @ 844-449-6541 (please note: ComPsych services are for Emory Decatur, Hillandale and LTAC staff only). Or seek support via [Aetna Behavioral Health](https://www.aetna.com/legal/disclaimer) @ 800-847-9026 or the [Emory Department of Psychiatry](https://www.emory.edu/Psychiatry/) @ 404-778-5526. You are NOT alone!
EMBRACE CHANGE: When experiencing changes beyond our control, we may experience waves of shock, worry, sadness, anger and/or bargaining. Try these tips to help you embrace change.

1. **Breathe and allow feelings and thoughts to come and go** as if they are waves in the ocean. “I’m feeling anxious and noticing thoughts that I can’t handle this.”

2. **Choose a healthy response.** Changes and losses challenge us emotionally, yet still offer choices. “I’m sad and overwhelmed, however, I can choose to reach out for help versus isolate myself.” “I don’t agree with this change, but I’m willing to give it a try and re-evaluate later.”

3. **Remember that even ‘positive’ changes can have a flipside.** Whether a job promotion, new baby or new relationship, allow mixed feelings and thoughts to co-exist in yourself and others.

4. **Be proactive.** When life is consistent, practice flexibility with your comfort zone. Try a new routine or hobby. Consider a different point of view. Accept unexpected changes of plans. The best news is that, in the long run, our **response to change matters more** than the circumstances surrounding it. If you are feeling overwhelmed or stuck, don’t hesitate to reach out for assistance.

---

PRACTICE LETTING GO: “Can’t you just let it go?” your partner says after listening to you talk about how a friend has disappointed you again. In response, you feel defensive, sad and frustrated. Contrary to how “let it go” is often used, it is not a decision to simply “get over” whatever is troubling you. Letting go **does** involve discovering how and why you respond to emotional experiences AND choosing where to expend your energy. Consider these approaches:

1. **Notice, Hold & Release.** Try with irritations like emails or social media that hit a nerve. Acknowledge feelings and thoughts and notice any body tension. Inhale a deep breath and tense your muscles for a few seconds until it’s slightly uncomfortable. Then, release with a full exhale and shake out your muscles. Repeat as needed.

2. **Write & Reflect.** If an old hurt or grudge comes up, write down a word or phrase about it. Ask yourself how your response has affected you? How has it protected you or held you back? What have I learned from it? Is it really worth holding on to, and am I ready to release it?

3. **Let’s Go With It (new take on “let it go”).** If the painful feeling (“it”) suddenly disappeared, how might you feel then? Is there one thing you would do differently at that point? Even with “it” present, could you still do that one thing?”

Reach out if you need more assistance with “letting go” or “going with it.”

ENHANCE EMOTIONAL INTELLIGENCE: How often do you wonder “Why would he/she do that?” OR “How do I handle this?” Emotional intelligence (EI) tries to answer these questions. EI is becoming increasingly aware of feelings and how to channel them, plus understanding and responding to others more effectively. High EI is a key factor in resilience AND better relationships, job performance, teamwork and creativity. Good news...EI can improve with practice! Try one or more of these tips to boost your EI:

• Write five feelings you experience daily for a week. Refer to this feelings inventory. Which ones are you more or less likely to notice and express or attempt to hide? How?
• Watch a favorite TV program or movie with the sound muted. What feelings do you notice based on body language and facial expressions?
• Ask someone you trust what they notice about your non-verbal communication.
• If someone upsets you, choose to pause and breathe versus reacting harshly. Do your feelings of hurt or anger lead you to form conclusions or judgments?
• Learn more about EI here; or view Whil’s EI videos on Healthy Emory Connect under Programs (earn 200 points).

EXPAND YOUR SUPPORT SYSTEM: Improving the quality of your support system is key to increasing resilience. Benefits include lowering stress hormones and blood pressure, enhancing mood and sleep, and progressing towards goals. Try the following active strategies:

• Switch your social mode. If you usually wait for others to approach you, initiate conversation online, by phone or text, or in person while physical distancing. If you are typically more talkative, ask open-ended questions and listen with interest before responding.
• Contact an old friend or connect with someone with common interests or goals (e.g., reading, biking, Weight Watchers, meditation practice, etc.). Try a virtual book club during COVID-19.
• Get to know one thing that is important to your coworkers, friends and family members.

FIND SILVER LININGS: Even in a year like 2020, with all the challenges related to COVID-19, physical distancing and social unrest, there are still positive outcomes if we pay attention. Try this exercise:

1. List 5 things that currently make your life enjoyable, enriching, or worthwhile. They can be as general as “good health” or as specific as “drinking a delicious cup of coffee.”
2. Next, think about the most recent time something didn’t go your way, or when you felt frustrated, irritated or upset.
3. Then, list 2 things that can help you see the bright side of that difficult situation.
4. Now, identify 3 current or potential bright sides of the COVID-19 pandemic, social unrest or other challenges you are facing.
5. Finally, embrace your silver linings amid the clouds!

Source: Adapted from https://ggia.berkeley.edu/practice/finding_silver_linings
**SCHEDULE “ME TIME”:** Create a plan to spend some time for yourself. Start by using your calendar (on your phone, computer, Outlook, or hardcopy) to block off 30 minutes each day. Select a few activities you plan to complete each week from the “Activities Options” on the Refresh From Stress (RFS) 2020 Calendar. You may also choose to create your own self-care activities. After selecting your activities, write them on the RFS 2020 calendar on your chosen days, or add to your online/smartphone calendar. Not sure where to start? Check out this article on [scheduling time for yourself](#).

**SLEEP AT LEAST 7 HOURS:** Use the [sleep guide](#) in Healthy Emory Connect (ensure you are first logged in to HEC to access link) to help you set your personal sleep goals and monitor your progress (earn 1,000 pts). Want to learn more about healthy sleep habits? Watch the webinar, [Sleeping for Optimal Health](#), or read the article, [9 Reasons to Sleep More](#).

**STOP & STRETCH:** Taking brief time for physical activity throughout the day can help when your mind and body need a break! Stop what you are doing for 5 minutes and take a stretch break. Use the video below to shake it all out and improve your focus for when you get back to work! [Take 5 for Wellness Stretch Break](#). You can also use the Healthy Habit Challenge “Minutes of Stretching” to record your activity.

**EAT A HEALTHY MEAL/SNACK:** Hungry? Eat a healthy meal! Good nutrition is a recipe for lower stress and a healthy mood. Learn about all of the [tools and resources](#) in Healthy Emory Connect to help you improve your eating (ensure you are first logged in to HEC to access link). Earn points for activities including adding a Zipongo recipe to your grocery list (50 pts), tracking your daily nutrition (50 pts), or completing your nutrition guide (1,000 pts).

**DECLUTTER:** Recycle, toss or donate at least 3 belongings from your office or home. De-cluttering can help you simplify your life, feel more relaxed and save valuable time. It is usually most effective to “start small,” a few minutes or a few things at a time. If you recycle or donate items to a charity or cause that is important to you, the satisfaction of “giving back” to the environment or community will likely inspire you to declutter more. If you need help with where to start, seek a buddy who has been successful with de-cluttering or learn more about [how to declutter](#). Take advantage of downtime during the current pandemic to “up” your organizing!
INCREASE PHYSICAL ACTIVITY: Participate in at least 10 more minutes of physical activity today than originally planned. Some suggestions: use stairs instead of an elevator, park your car further away to increase steps, take short walking breaks throughout the workday, ride a bike, take a virtual yoga class, or turn up the music and dance! Want to get more activity in your day on a regular basis? Use Healthy Emory Connect to set a step goal or challenge your friends to a Weekday Step-Off or Weekend Rumble (under challenges).

SAY YES TO LESS: Taking care of yourself means the people in your life will receive the best of you, rather than what’s left of you (Carl Bryan). Although our work, ambitions and relationships are often major sources of purpose, fun and connection, we can sometimes feel drained by them. We often automatically agree to requests out of guilt, habit or to avoid conflict, and ultimately take on too much, becoming tired and resentful. The act of setting boundaries is not about being selfish, it is about communicating our needs and sustaining our health and well-being. Give yourself permission to pause and breathe before reacting to a request or saying yes. Take time to think about it and learn more about the time commitment. If you need to decline, you can always invite others to keep you in mind for future opportunities. When you “Say Yes to LESS,” you may just find MORE for yourself and others.

PAUSE FOR PLAY TIME: Need to decompress? Take time to stop and play today! Studies show that play reduces stress hormones, lowers risk of developing age-related diseases, increases creativity and productivity levels at work, and facilitates happiness. Give yourself permission to bring out your “kid at heart.” Whether coloring, drawing, board games at home, virtual games with friends (e.g., Tabletopia), frisbee, jigsaw puzzles, karaoke or dancing, have fun with it! And, don’t forget to build play time into work. Lead a wellness activity during a staff meeting, such as a fun icebreaker, trivia or a scavenger hunt (while remote working, ask team members to find 10 items at home; first one back to Zoom shows everyone the items). Want more reasons to play? Learn about the Benefits of Play for Adults.
**SHARE YOUR SMILE:** Say cheese! Refresh yourself and others by sharing your smile with as many people as possible today. This may be more difficult working from home, but give it a try during Zoom meetings. No virtual meetings? Smile during phone calls, and oftentimes, the other party will feel your “good vibes.” Smile when looking in the mirror or any time you greet family, neighbors, colleagues, patients or store clerks. Smiling helps relieve stress, boost our immune system and improve relationships, which is especially important during this COVID-19 pandemic. “It’s still worth it to smile while wearing a mask,” says body language expert Janine Driver. “We’re lucky a lot of information shows up in the eyes and the eyebrows.” Want to learn more about the benefits of smiling? Read about [smile therapy](#).

**TAKE A LAUGHTER BREAK:** LOL with a coworker, family member or friend today. Exchange funny stories, share a humorous video or practice laughter yoga to lighten your day. Creating opportunities for laughter can be an easy and useful strategy for managing stress. Practiced over time, humor and laughter can enhance emotional resilience, improve pain tolerance, boost your immune system, help reduce depression and improve overall well-being. For an interesting approach of combining laughter with other stress management strategies, [watch this video](#) about laughter yoga with Dr. Madan Kataria.

**GIVE A SHOUT OUT:** Have you complimented someone or given a “thumbs up” today? Notice others’ accomplishments and make a special effort to acknowledge them in front of others. Encourage team members to start or end a meeting or “huddle” by recognizing someone in person, virtually or via email. You can also submit your compliment through Healthy Emory Connect’s new “Shout Out” tool ([https://app.member.virginpulse.com/#/recognition](https://app.member.virginpulse.com/#/recognition); log in and use drop down under “Friends”). You will make someone’s day and enhance connections with others!

**EMBRACE DIVERSITY:** Recognize and appreciate the unique backgrounds, cultural traditions and perspectives of those around you. Initiate a conversation to learn more, or participate in an activity that broadens your understanding of other cultures:

- Participate in various Healthy Habits found in the Healthy Emory Connect “Drive” pillar, “[Embrace Diversity](#)” (ensure you are first logged in to HEC to access link).
- Visit a museum online (or safely in person with social distancing).
- Find and prepare a new recipe with an ethnic flavor.
- Read Psychology Today’s article- [A Million Ways to Say Hello: How to harness cross-cultural differences for personal growth](#).
- Expand your knowledge by reading Emory’s Office of Diversity, Equity, and Inclusion’s [Living and Learning About Race Resource Guide](#).
- Learn about additional diversity education resources at [Emory School of Medicine’s Diversity, Equity, and Inclusion webpage](#).
- Examine your own implicit associations regarding race, gender, sexual orientation, etc., by taking this test: [https://implicit.harvard.edu/implicit/takeatest.html](https://implicit.harvard.edu/implicit/takeatest.html).
LEARN & PRACTICE SOCIAL JUSTICE: Are you looking to start or continue a personal journey toward social and community wellness? Start by engaging in some simple and meaningful practices that will help you learn more about yourself and the people in the world around you.

- Educate yourself about social justice:
  - https://www.psychologytoday.com/us/blog/justice-matters
- Listen more to understand and build empathy. Encourage healthy conversations.
- Consider your interests and decide what causes are important to you. Identify an action plan for promoting social justice.
- Learn how you can help: research online and reach out to community organizations and/or legislators via email and phone to ask questions. Join or start a diversity committee.
- Volunteer your time, while practicing physical distancing.
- Donate financially to a cause that aligns with your interests and values.
- Speak up when you witness injustices, hear microaggressions or experience inequities.

SUPPORT OTHERS: Supporting others brings mutual benefits because we usually feel good after we have helped someone. Take time today to ask a friend, family member or colleague what they need during this challenging pandemic and time of social unrest. Whether pitching in to complete a work project, running errands for someone who is unable to leave home, or just listening, make time to provide a helping hand and heart.

VISIT WITH A FRIEND (SAFELY): Reconnect with a friend you haven’t talked to in a while by calling, emailing, writing or visiting virtually or in person with masks and physical distancing. Meaningful social connection is a basic emotional need and maintaining healthy connections is important for a sense of stability and minimizing loneliness. If you wish, write about your experiences with reconnecting in a journal.

ENJOY A FUN ACTIVITY WITH FAMILY OR A PET: Plan an activity that is realistic for the time you have available. Play is a fundamental and healthy part of life and by its nature and sometimes involves being in the moment and spontaneity. Given the COVID-19 pandemic, you may need to do a staycation activity, but creating fun moments and memories doesn’t require travel. If you wish, write or verbally share how the experience impacted your level of stress.
PRACTICE MINDFUL BREATHING: Just breathe! Take 5 minutes to try the “Mindfulness of Breath” session [HEC -200 points] OR follow the steps below. Mindful breathing simply means focusing on your breath with curiosity, openness and acceptance. When feelings, sensations, or thoughts come up, it’s okay; there is no need to judge or force those away. Instead, just notice them, as if they were waves in the ocean. Then, return to focus on your breathing.

1. Find a relaxed, comfortable position in a chair, on the floor or on a cushion.
2. Relax your body and notice any areas of tightness or tension. Relax more.
3. Feel your breath. Breathe in slowly through your nose and exhale through your mouth.
4. Continue for a few minutes - slow breaths in, hold a few seconds and slow exhalations.
5. If you notice your mind wandering, just redirect your attention back to your breathing.
6. Return to normal breathing and offer yourself appreciation for breathing mindfully!

NOTICE YOUR MOOD & SENSES: Mood is an overall feeling and attitude that can vary from hour to hour, day to day and week to week. Find a word or words that capture your overall feeling and attitude right now. Senses are your “window to the world”; you experience life through your senses, as your body and mind make meaning of what you see, hear, touch, smell or taste. Thankfully, we are wired this way for survival! Try this exercise:

1. Hear: Notice the sounds around you. Try not to judge the sounds, just notice them.
2. See: Observe your surroundings and notice the colors, shapes and textures. If you look more closely, you may see things you haven’t noticed before.
3. Smell: Shift your attention to the scents around you. Close your eyes to better focus.
4. Taste: Even when you don’t have food in your mouth, you may notice an aftertaste of a previous drink or meal, or just notice the taste of your saliva.
5. Touch: Bring your attention to the sensations of your skin contact with your chair, clothing, or feet on the floor. Notice the temperature or any pressure on your hands or feet. Feel textures of several objects around you. Hug yourself and feel the love!

When finished, notice how your body and mood feel compared with how you felt a few minutes before...what has changed? Learn more about the benefits of Using the 5 Senses and use the “Track Your Mood” Healthy Habit in Healthy Emory Connect to notice any patterns.

CONNECT WITH NATURE: Make contact with the earth. Go outside, take off your shoes and sink your feet into the grass, dirt or pavement to feel grounded. Place your palm on a tree trunk. Play in the sand, dirt, leaves, garden or water. Wake up with nature by opening a window to breathe in the cool or warm breeze and take in the sights and sounds. No window or scenic view? Bring nature indoors: buy some houseplants, bring in fresh flowers, put a crystal or jar of seashells on your desk, or start a rock or pinecone collection. Or listen to and watch nature online.
LISTEN CAREFULLY: In today's high-tech, high-speed, high-stress world, communication is more important than ever, yet we seem to devote less and less time to really listening to each other. Mindful listening helps ensure understanding, solve problems, build relationships, resolve conflicts and improve accuracy. Practice these tips to help develop effective listening skills:

- Maintain eye contact and show that you are interested, attentive, calm and focused.
- Keep an open mind, listen to the words and try to picture what the speaker is saying.
- Don't interrupt and don't impose your "solutions."
- Ask questions to seek clarification and respond in a way that the speaker knows you have heard him/her and understand. Learn more about listening skills [here](#).

TAKE A BREAK TO MEDITATE: Given the current pandemic and social unrest, it's especially important to pause and relax your mind and body. Emory offers multiple free options:

- Learn and practice Mindfulness Meditation: [Whil Mindfulness 101](https://hec.emory.edu) (HEC-200 points)
- Compassion Meditation (live): [https://compassion.emory.edu/cbct-covid19-response.html](https://compassion.emory.edu/cbct-covid19-response.html)
- 15-minute Refresh Meditation (live) on Wednesdays at 4:30pm: [https://zoom.us/j/271917067](https://zoom.us/j/271917067)
- View a recorded 15-minute FSAP Daily Refresh Meditation (links available October 1)

UNPLUG FROM NEWS & SOCIAL MEDIA: Disconnect from the news and social media for a period of time that challenges you. This includes TV, radio, smartphone apps, Facebook, Instagram, gaming and other news feeds and online social interaction. During the current pandemic, it's especially important to take breaks from hearing and seeing difficult news.

If you are typically connected:

<table>
<thead>
<tr>
<th>Duration</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>All day – Try at least 1 hour</td>
<td>- Make a new recipe, read a short book</td>
</tr>
<tr>
<td>Most of the day – Try 2 to 5 hours</td>
<td>- Write a letter, catch up on chores or take a nap</td>
</tr>
<tr>
<td>Part of the day – Try 6 to 8 hours</td>
<td>- Try a new walking trail, hike or bike path</td>
</tr>
<tr>
<td>Only an hour or less – Try 24 hours</td>
<td>- Spend more time with family/friends/pet</td>
</tr>
</tbody>
</table>

EAT SLOWLY & MINDFULLY: Eat one meal or snack today in a slow and mindful way so that you truly enjoy and appreciate each bite. For a snack, try this: Find a comfortable seated position, take a few deep breaths, and notice how you feel physically. Place a snack, such as raisins, nuts, a mint or chocolate, in your hand. Notice the impulse you might have to eat it right away. Take a minute and look at your snack, examining it with curiosity as if you’ve never seen it before. Notice how it feels in your hand – the texture, shape and weight. Slowly smell the aroma with your eyes closed. Gently place a piece in your mouth, swirl it around and notice the texture and flavor. Slowly eat while you appreciate where it came from and enjoy!

TAKE A REFRESH WALK: Walk off your tension by taking a 15-minute Refresh Walk today! It’s about meditation in motion! A “Refresh Walk” will relax you, lower your stress level and give you an endorphin boost to carry you through the rest of the day. What is mindful walking? Mindful walking focuses on the sensations of walking. Without judgement, notice your surroundings, sights, smells and sounds. Feel the air on your skin and the ground on your feet. The speed of the walk doesn’t matter as much as focusing on the sensations. Find a walking buddy or go alone, and of course, wear your mask and follow physical distancing guidelines. Print or save a photo of these [Self-Guided Walk Instructions](#).
LEARN BENEFITS OF GRATITUDE: Being grateful is thankfulness in action. Learn about the benefits of gratitude and how practicing gratitude gives us even more to be grateful for! Gratitude can improve our immediate outlook and mood, as well as our relationships, health, and more! To understand the scientifically proven benefits, view: Psychology Today – Benefits of Gratitude.

LIST 3 REASONS YOU ARE GRATEFUL: Feeling stressed or overwhelmed? No matter how you feel, write and/or tell someone three things you are grateful for today. Areas of gratitude may relate to nature, your health, relationships, faith, basic needs, technology, work, talents/skills, “silver linings,” etc. During these trying times, finding and sharing gratitude makes life more manageable.

WRITE A THANK-YOU NOTE: Surprise someone today with a "thank you." Whether via email, text, Microsoft Teams, the “Shout Out” tool in Healthy Emory Connect, a sticky note on the fridge, or mail a hand-written note, your expression of appreciation will make their day AND help you feel good at the same time! If you need some ideas about what to say, visit Thank You Card Messages.

FIND POSITIVE OUTCOME FROM A MISTAKE OR REGRET: Are you still “kicking” yourself because of a mistake or a lingering regret? Research shows that there is often value in regret, primarily because of its “motivating corrective action.” In one study,* positive outcomes of regret included: (1) making sense of the world, (2) avoiding future negative behaviors, (3) gaining insight, (4) achieving social harmony, and (5) improving ability to approach desired opportunities. In addition, we often don’t realize a benefit until well after our decisions or actions. Think of a mistake or regret you are still struggling with and ask yourself, “What is one positive outcome that resulted from that mistake/regret?” Use this experience to re-shape your perception and outlook. If you are not able to identify a positive outcome, focus on forgiving yourself, which is, in itself, a good thing.

ACCEPT COMPLIMENTS GRACIOUSLY: We are often taught to downplay our accomplishments, which may make it uncomfortable to receive praise. If we hear one, we might deflect, deny or minimize the compliment to avoid appearing boastful. Sometimes we believe we don’t deserve them. There are 3 ways to respond to compliments with gracious gratitude. These practices can help “let in” meaningful feedback about how we positively impact others, build healthy confidence and strengthen personal and professional connections. Give one a try!

- **Accept.** “Thank you for sharing that.” Or simply “thank you.”
- **Amplify.** Allow it to sink-in. Replay the words in your head and feel the sensations it brings.
- **Advance.** Continue the conversation. “I appreciate that. What was most helpful to you?”
**PRACTICE RANDOM KINDNESS:** Random acts of kindness bring mutual benefits because we usually feel good after we have helped someone. Choose one or more of these kind gestures:

- Help start the day off by doing a task you normally don’t do: brew a pot of coffee, cook breakfast, walk the dog, help your kids get ready for the day or take out the trash.
- Offer to assist a co-worker who is juggling many tasks.
- Invite someone to go before you in line.
- Surprise a family member or friend with a treat, such as their favorite snack.
- Send a virtual gift card for online stores, grocery delivery, etc.
- Make a poster or video greeting for someone you are unable to visit in person.
- Donate to a local food bank, homeless shelter or the Emory COVID-19 Impact Fund.
- Share a positive quote or your favorite RFS activity with someone to spread inspiration!

**SHARE TEAM ACCOMPLISHMENTS:** Time to brag a little today! Give a shout out about your team’s accomplishments. Share your feedback during a staff meeting, huddle or one to one (with masks!) to express gratitude. If remote working, share via Zoom, Microsoft Teams or the “Shoutouts” tool in Healthy Emory Connect to post your toast. This exercise can lighten Zoom fatigue and enlighten all who participate. It’s refreshing to share good things!

**START A GRATITUDE CHAIN:** Gratitude has scientifically proven benefits like improving physical health, psychological health, enhancing empathy and reducing aggression…the list goes on. Choose one of these ideas or create your own to inspire gratitude:

- Take turns in a meeting or during a family meal to share something you are grateful for or appreciate.
- Create and fill a gratitude jar or box with grateful notes; pull out a note when you need a lift.
- Lead a gratitude meditation or share this 5-minute video on gratitude: A Grateful Day.
- Send an email to your team, family or friends at the beginning of the week sharing one or two things you are grateful for; encourage others to participate and add to the chain.
- Create a gratitude board, collage or tree where your family members, friends or colleagues can post notes of appreciation or pictures representing things/people you are grateful for. For more information about gratitude trees, click here.