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MATERIALS:

- Paper and pen (optional)

INSTRUCTIONS:

1. Ask participants to reflect on the last 24 hours.
2. Ask them to identify three things that made them smile, brought them happiness or made them laugh.
3. Note to participants that the three things do not need to be big events or gestures. If they are having trouble, suggest that they walk through the day in their mind. Who did they see? What did they do? Did they see an old friend or co-worker that they hadn't seen in a while? Did they watch their child or partner do a random act of kindness?

DISCUSSION:

Challenge participants to do this personal reflection each day for one week. Consider using this as a conversation starter in the staff room at lunch, over the dinner table with family or personally when they are getting ready for bed. This simple act of reflecting on what we are grateful for may help us to find that “silver lining” at the end of what may have seemed like a mundane day. Reflection helps us to turn off auto pilot and reframe our perspective. To-do lists don't go away; however, gratitude provides a pause for slowing down the constant chatter in your brain.

Source: Seligman, M. E., Steen, T. A., Park, N., & Peterson, C. (2005). Positive psychology progress: empirical validation of interventions. *American psychologist*, 60(5), 410.