Be Well. Care Well.

Be Well Bulletin

A Season of Gratitude & Grace

There's something special about the little moments that bring us joy. A shared laugh, a kind word, or a small accomplishment can make an ordinary day feel extraordinary. Sometimes, it's the simplest things that give us the most to be thankful for!

This November, take time to appreciate the good around you, recognize your accomplishments, and embrace each day with a little more kindness toward yourself. Remember, gratitude is about noticing the good, and grace is about giving yourself room to grow along the way.

WELL-BEING CHALLENGE

At the end of each day, take a moment to recognize one thing that went well, no matter how small.

Pause & Reflect

What's one simple moment from this week that brought you joy?

Try This!

Complete this thought without overthinking it: "One thing I'm grateful for about myself is __."

A Little Reminder 💛



Gratitude helps us appreciate where we are, and grace reminds us that we don't have to have everything figured out.