

For all of us today to keep our mind and body healthy.

As we conclude each day during this challenging time of social and physical distancing, reflect on what went well for you and your family today. Then consider as you greet tomorrow what will make it even better.

Some tips for finding the positives in your day/week:

Make a gratitude list:

A food I enjoyed today.

A moment today that made me smile.

A small victory I had today.

A person I was able to speak with today.

A nice thing I was able to see or hear today.

A new task I tried today.

A kind act that someone did for me today.

Something I did for another person.

Something from today that I'd like to do again tomorrow.

*Enjoy the little things, for one day you may look back
and realize they were the big things.*

Suicide Prevention Network can help if you need to talk.

We are in this together. Please call if you have questions or concerns. 775-783-1510 (SPN Office) or the 24-7 National Suicide Lifeline 1-800-273-8255.

