



Day 11: Here's the plan:

- 1.) Write down your 10+ daily gratitudes. This time, write down the moments and things for which you're most grateful in the last WEEK. Think about some of the things we've done in the week with this group, like listening to music, going outside, cooking, and doing something nice for someone else, and anything else that has happened in your life!
- 2.) Play a game! This could be a game by yourself on your phone or device, it could be a board game with family, it could be a game of catch with your kids, it could be a card game, tic-tac-toe, tag, ping-pong, trivia games, etc. Anything that you consider PLAY.

Play is really anything where you are enjoying yourself in a way where you lose track of time and are only focusing on what you're doing, letting your other stress go for that time. So for you, it might be a game, or it might be something like reading or drawing or hiking. If it's something you do quite often, that works. But if it's something new you can play or do, that's even better!

Just go play, in whatever form that takes for you. Decompress. Have fun. Enjoy yourself.