

November Self-Care Gratitude Challenge

Brought to you by the RAMPED Grant Team!

Complete and mark all 7 activities. Then turn it in to the RAMPED envelope in the office by November 30, 2023 to receive a prize!

01 Journal 3 things you're grateful for

02 Give someone a deserved compliment

03 Check on someone by text or call

04 Open the door for someone

05 Give yourself a pat on the back for something you've done lately

06 Tell someone how much you appreciate them

07 Share your smile with someone



Rural Area Mental Health Professional Enhancement & Development
Take care of you!