



# Health & Happiness PROJECT

## Welcome to Your **RESILIENCY** Toolkit



This project is a collaborative effort between Allina Health, Rice County Chemical Mental Health Coalition, Rice County Public Health, and United Way of Steele County.

## Gratitude

### Why is Gratitude important?

Gratitude is the ability to appreciate the people, things, and circumstances around you. It is also finding the little things to be thankful for each day.

