

## Exercise from myStrength: Gratitude and the good things in life

This week's Mental Health area of focus is an exercise designed to help us not dwell on the negative. It's a very dynamic time in everyone's lives, and we can fall into the pitfall of only seeing our own failings. Negative self-talk, being our own critic and putting unrealistic expectations on ourselves are not healthy activities.

Instead, this exercise from our myStrength partner is designed to first help us to understand how our mindset – and how focusing and being thankful for the good things in life – can change our perspective.

Then, it asks us to answer three specific questions to drill down into three simple positive things to be thankful for.

[Participate in the activity here.](#)

And, not enrolled in myStrength yet? myStrength offers custom resources to improve your mood and help you overcome the challenges you face, through convenient web and mobile tools. [Learn more and enroll here.](#)

