**Gratitude Letter**

Write a thank you letter to an important person in your life, describing how they impacted you and why you’re grateful. Then it’s time to share! You can read the letter in person or try FaceTime or Skype.

**Why it works**
The letter affirms positive things in your life and reminds you how others have cared for you. Reading it allows you to strengthen your connection with the recipient and to remember how others value you as an individual.

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**Active Listening**

Strengthen your relationships by becoming a better listener. Be curious, ask questions, express empathy, and try not to give advice or judge. Minimize distractions and really focus on the other person.

**Why it works**
Active listening helps the listener better understand others’ perspectives and helps the speaker feel more understood and heard. By improving communication and preventing arguments from escalating, active listening can strengthen and deepen relationships.

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**Three Good Things**

At the end of the day, write down three things that went well and provide an explanation for why they went well. They don’t have to be huge things – just things you notice and appreciate.

**Why it works**
This practice prompts us to focus on the positive and trains our brain to notice, remember, and savor the good parts of life.

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**Random Acts of Kindness**

Do 5 nice things for someone else, all on the same day! They can be big or small, and they do not need to all be for one person. The recipient doesn’t even have to be aware of them! Try feeding a stranger’s parking meter or helping a prof rearrange the chairs after a class. Afterwards, write down what you did and how it made you feel.

**Why it works**
It makes you think more highly of yourself and become more aware of the positive impact you can have on others.

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**Mindful Breathing**

Try to focus your attention on the flow of your breath - the inhale and exhale. When your mind wanders, it’s OK. Just notice that this is happening and gently bring your attention back to your breath. When you’re in a stressful moment, try taking an exaggerated breath: a 3-second inhale through your nostrils, hold your breath for 2 seconds, and a 4-second exhale through your mouth.

**Why it works**
Mindful breathing gives us an anchor - the breath – to focus on. It also helps us stay “present” in the moment, rather than being distracted by regrets in the past or worries about the future.