



Gratitude Tuesday



Gratitude Amble

Sometimes we get overwhelmed by the weights of the world. We become bogged down with daily activities that we forget to focus on our own mental health.

When you find yourself going through a particularly rough time, here's a simple activity to try. Take a gratitude amble to cleanse your mind and increase your sense of wellbeing.

Walking is therapeutic by itself. It can increase endorphins and decrease stress and blood pressure. But, add in a grateful state of mind and you will find yourself becoming more focused, more centered.

The instructions are simple. While you are walking, simply observe the things you see, hear and smell around you. Take it all in. Be aware of nature, the colors of the trees, the sounds of the birds, the smell of the plants. Feel your feet as you step onto the ground. Notice your breath as you breathe deeply and slowly. Feel the sun on your head, the air brushing your face and feel the gratitude for all of it.

NAMI Vermont Minute:

Taking a gratitude amble is a great activity to do for our NAMI Walks Your Way Vermont fundraising event on October 3! Or if you want another activity, join us on October 3 in Burlington for a Car Parade! We'll gather at noon in the parking lot behind the North Avenue Alliance Church to decorate our cars and then head out at 1 pm to raise awareness about mental health! It's not too late to sign up and join us for our annual fundraising and awareness event! Visit www.namiwalks.org/Vermont to register yourself and a team today!