

Gratitude Practices



REASONS
Eating Disorder Center

Create a
gratitude
collage



SMILE



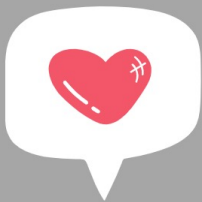
meditate



Send a card
to someone



Use kind words



**Compliment
someone**



gratitude journaling



Appreciate
nature



Call a
loved one