

# MAY YOU BE GRATEFUL



## May 4 - 8, 2020

**MONDAY, MAY 4**

Colleagues & Friends  
Express your gratitude to a colleague or friend with these free resources.

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Mason eCards

May You Be Grateful Messaging Portal to use this week.

Save this postcard or this postcard to insert in an email.

Commonwealth of Virginia's Department of Human Resource Management's guidance on recognizing remote workers.

**TUESDAY, MAY 5**

Connections  
Maintain your connection to Mason even while you're not on campus.

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TouchBase Tuesdays with members of HR & Payroll and Fiscal Services on your most pressing questions.

Well-Being University Reading Group meets virtually several times a month.

MasonLeaps playlist with videos on connecting and collaborating with colleagues.

**WEDNESDAY, MAY 6**

Personal Growth  
Utilize this time to learn and grow.

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Put yourself first with these tools for self-care and building resilience.

CommonHealth of Virginia Build a Better Meal videos will help you focus on better eating habits.

MasonLeaps playlist with videos on mindfulness and personal growth.

**THURSDAY, MAY 7**

Health  
Celebrate your health through movement and relaxation.

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BurnAlong offers access to fitness and well-being videos.

Let's Move Mason! encourages you to exercise anytime, anywhere that works for you.

MasonLeaps playlist with videos on health and well-being.

MasonLeaps playlist with videos on managing stress.

**FRIDAY, MAY 8**

Your Gratitude  
Take time to think about what you're personally grateful for.

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Use this simple Gratitude Journal.

Create your own Gratitude Wheel, like this one.

MasonLeaps playlist with videos on expressing gratitude, staying positive, and showing kindness.