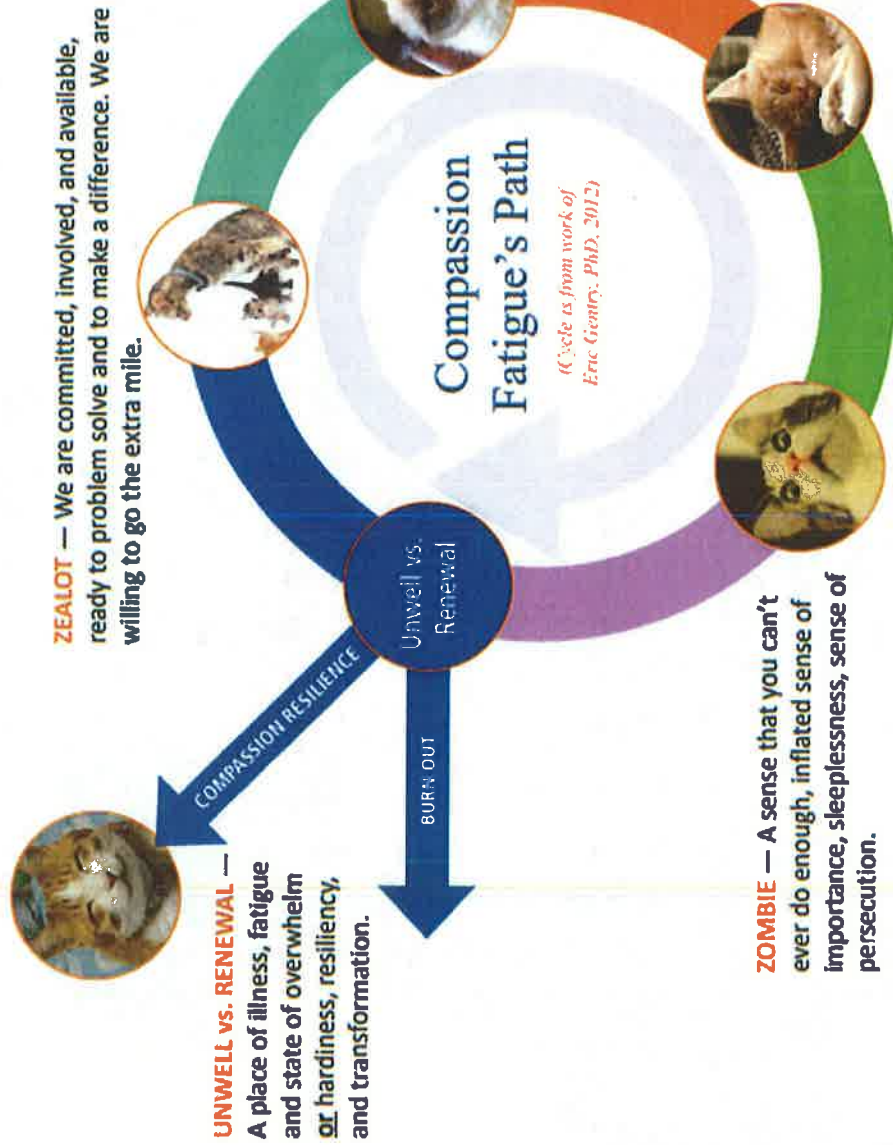


Finding Joy

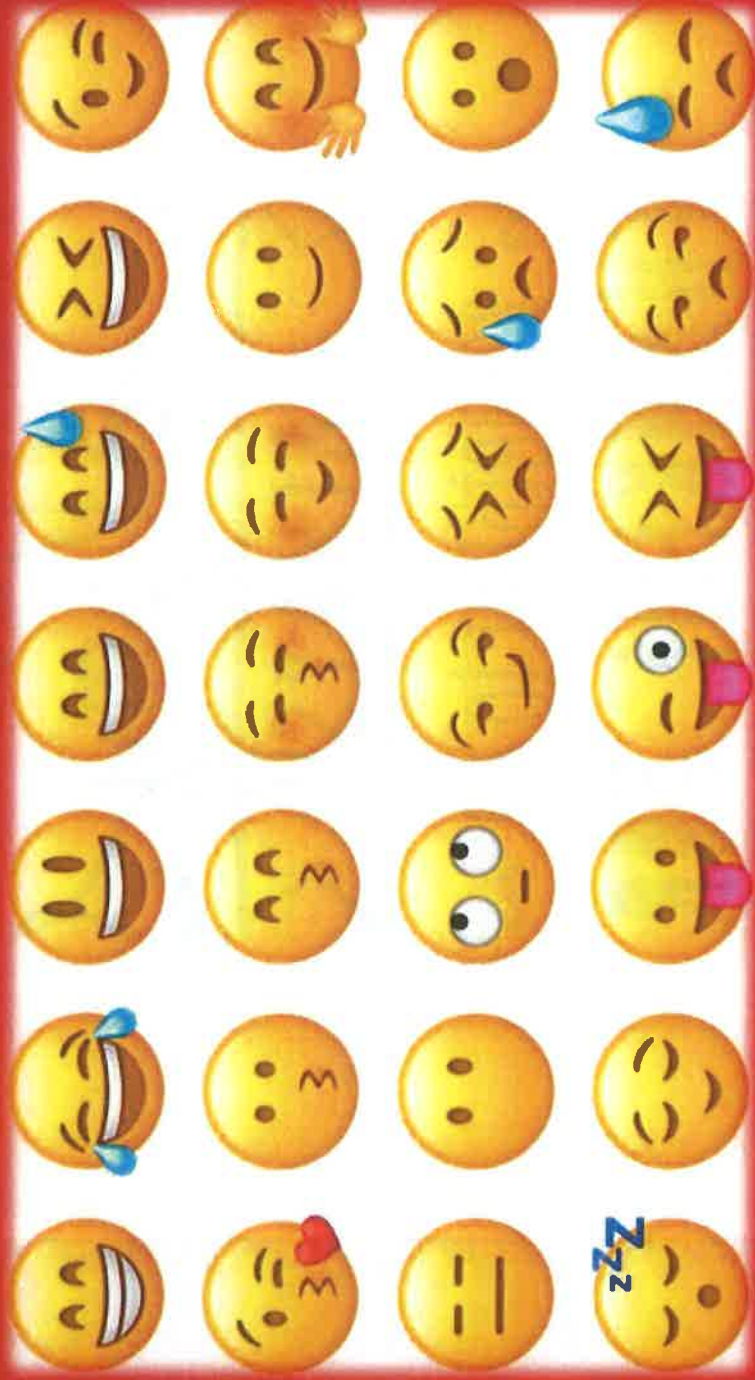
Heather Quackenboss, MS
Human Development and Relationships Educator
La Crosse County



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Recognize and Acknowledge Feelings



THERE IS -♥-

always

ALWAYS

~ something to be ~

THANKFUL FOR

What
are
you
grateful
for?



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S

SPIRITUAL

Leading a meaningful
life and mindfully
savoring the
present.

P

PHYSICAL

Caring for the
body and tapping
into the mind/body
connection.

I

INTELLECTUAL

Engaging in
deep learning
and opening to
experience.

R

RELATIONAL

Nurturing a
constructive
relationship with self
and others.

E

EMOTIONAL

Feeling all emotions,
reaching towards
resilience and
optimism.



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From: Tal Ben Shahar