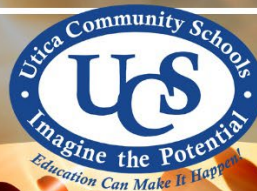


# MONDAY MOMENTS



NEW DAY · NEW WEEK · NEW GOAL

**Monthly Theme: Get Hopeful**  
**Week 8: Practice Positivity**



“In every day, there are 1,440 minutes. That means we have 1,440 opportunities to make a positive impact.” ~ Les Brown, Former Ohio State Representative



How might it be possible to find POSITIVITY and HOPE even in challenging situations?



**NOTICE NATURE** ~ Nature is a great way to infuse POSITIVITY. Integrate into your weekly routine a “Notice Nature” walk. As you and your family take a walk outside, even in winter weather, have family members share POSITIVE things they observe and experience. As little as a 10-minute walk has been proven to reduce stress and increase POSITIVITY.



[www.uticak12.org/UCS\\_Wellness](http://www.uticak12.org/UCS_Wellness)

