



SUPPORTING ESSENTIAL WORKERS
AND BUILDING GRATITUDE DURING THE HOLIDAYS

Mabuhay Health Center
Behavioral Health Committee

WAYS TO PRACTICE GRATITUDE IN YOUR EVERYDAY LIFE



GRATITUDE JOURNAL

- Write in a notebook or make lists of things, people, and events you are grateful for (every day/week)

**You can include this in prayers or make it an activity with others, too!



WAYS TO PRACTICE GRATITUDE IN YOUR EVERYDAY LIFE



SOCIAL MEDIA

Post on social media what you appreciate about your life – this can help others practice gratitude as well!



TELL OTHERS

Call, text, video chat, or write letters to people and share positive memories together that you're grateful for



HEALTH BENEFITS OF GRATITUDE



- Better mood and more happiness
- Stronger relationships with family/friends
- A more positive outlook on life and of yourself
 - More exercise, healthy eating, better sleep, etc.

HOW CAN WE HELP ESSENTIAL WORKERS?



Protect yourself from all infectious diseases by using these precautions.



Stay home when you are sick



Avoid contact with people who are sick



Get adequate sleep and eat well-balanced meals



Wash hands often with soap and water for 20 seconds or longer and dry hands with a clean towel or air dry



Wear a cloth face cover when going out in public



Avoid touching your eyes, nose, or mouth with unwashed hands or after touching surfaces



Cover your mouth with a tissue or sleeve when coughing or sneezing



Clean and disinfect "high touch" surfaces often



Call before visiting your doctor

Clean all "high-touch" surfaces every day.

Follow CDC
cautious!
all I want
hospital ar

— AN AN
ESSEN





DONATE PPE



ADDRESS
BOUNDARIES



CREATE A
SIGN/POSTER



SEND FOOD TO
HOSPITALS



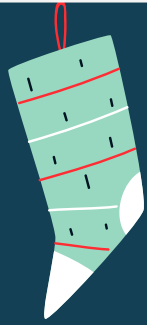
These are just recommendations of how you can help essential workers, it is best to just ask them directly or through non-profit orgs.

LIVING WITH ESSENTIAL WORKERS

BOUNDARIES
(HANGGANAN)



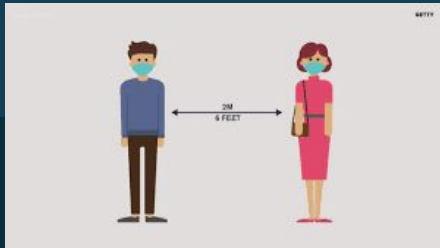
LISTEN
(MAKINIG)



RELIEF
(RELYEBO)



GIFT-GIVING
(PAGBIBIGAY NG REGALO)



HOW TO SHOW GRATITUDE TO ESSENTIAL WORKERS IN YOUR LIFE



GIVE THEM A GIFT

There are many love languages, and some people feel the most loved when they receive a gift. Think of something your healthcare worker really likes-- food, flowers, etc.-- and surprise them!



TELL THEM HOW MUCH YOU APPRECIATE THEM

Being a healthcare worker or a caregiver can be a thankless job. Express your love and appreciation for them by regularly thanking them.



DEAR HEALTH CARE WORKERS & CAREGIVERS, THANK YOU!

Writing Prompts



“Thank you for....”

“I appreciate you because...”

“I love when you...”

“I am grateful for you because...”



DEAR HEALTH CARE WORKERS & CAREGIVERS, THANK YOU!

Another way to express gratitude is to...

Say a small prayer or add them to your prayer intentions by saying thanks or asking for a blessing for that person.

**Showcasing gratitude is beautiful!
We are all one community! KAPWA!**





SALAMAT!

HAPPY HOLIDAYS!

CHRISTMAS ICONS



ALTERNATIVE RESOURCES

