



# *Mindset Monday's Gratitude Journaling*



New Mexico  
Public Schools  
Insurance Authority

**We will learn about:**

- **What the Research Says**
- **What Journaling Is and Is Not**
- **Easy to Use Techniques**
- **Helpful Resources**

*De-stress in 15 Minutes!*

*Please  
join us!*

**Date: August 29, 2022**  
**Time: 11:00-11:15AM**  
**Location: Virtual (Teams)**  
**Registration [Link](#)**

