



Hello Southeast Enterprises Family!

Appreciate the Small Things!

Appreciate the Small Stuff

Life is full of challenging and rewarding moments. These are the big moments in life that generally require much of our attention. BUT DON'T NEGLECT THE SMALL STUFF!

Take a moment each day to enjoy one small thing in your life. This could be stopping to admire a garden near your work or home, taking a moment to appreciate the stars, or watching your favorite show.

These little moments add up and strengthen your mental health.

Activity

Write down a list of “small stuff” items that you appreciate. (This can be a traditional list, or a grid – something similar to a BINGO card)

Check off each item on your list and celebrate when you have enjoyed each of the items on your list.

REPEAT!

Jigsaw Puzzle!

Click the red “Jigsaw Puzzle” button to try out some interactive, free **jigsaw puzzles** to improve your problem solving skills and memory! Make them as easy or hard as you want. Try to complete at least 1 a day!

Word Search!

Click the yellow “word search” button to try out some interactive, free Word Searches to improve thinking skills! Make them as easy or hard as you want. Try to complete at least 1 a day!

Memory Matching!

Put your memory skills to the test with this online match this picture memory game! Click the blue “Memory Matching” button to try it out!

Get Fit Workout!

Karen has made some BRAND NEW workout videos for us to get fit to! Click the green “Get Fit Workout” video to try them out! Thank you for keeping us in shape Karen!

Check-In!

Click the Purple “Check-In” button to let us know what you have done today! Please fill out the form to receive credit.

Take pictures as you go along with each activity and send them in. We would love to see all the fun and creative things you do with the items this week. Not only can they be fun, but they can help build up skills that can be and used not only at work but in everyday life.

Email them in to:

Sarah@southeastenterprises.org

Have fun and Enjoy!