



**LIVING THE PLEDGE**  
*Self Care for Safe Care*

**EVERY DAY:**

- Think back to **3 good things** that happened to you today or **three things you are grateful for**.
- Write them down.
- Repeat this exercise nightly for at least 2 weeks.



**POSSIBLE BENEFITS INCLUDE:**

**LOWER** burn-out and depression

**IMPROVED** sleep quality

**LESS** conflict at work

**HIGHER** levels of happiness

**BETTER** Work-life balance

*Happiness is Contagious – Pass It On!*

