

Make the next snow day an 'unexpected gratitude' day

Staying active – and positive – during the winter months can be challenging for many people. Helping and serving others is a great way to improve your mood. After the next big snowstorm, deliver some “unexpected gratitude” by giving these actions a try. You’ll brighten your neighbor’s day ... and your own.

1

Shovel your neighbor’s driveway or sidewalk.



2

Scrape the snow and ice off your neighbor’s car.



3

Ask if you can take your neighbor’s dog for a walk.

4

Bake some healthy treats and share half.



5

Wave and say “hello” to all your neighbors.



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