

GRATITUDE

- ▶ This year has been a challenging one for everyone, even AFL footballers.
- ▶ Not being able to see family and friends in person can be really difficult, and lots of us have been feeling disconnected during this time.

SAM AND TOM'S TIPS FOR STAYING POSITIVE AND PRACTICING GRATITUDE:

- ▶ Find different ways to stay in touch with your family and friends- video calls can be a great way to still see each other's faces even if you can't be in the same room!
- ▶ Prioritise taking time out of your day to connect with the people you are missing
- ▶ Think about the unexpected things you are grateful for, like getting to spend more time with your pets!
- ▶ Remind yourself of the little things that make you happy