



# Take What You Need

Free Compliments!

**GIVE ONE AWAY TODAY**

*Did you know the practice of gratitude leads to increasing levels of positive emotions and fewer negative emotions as well as greater overall well-being?*

*(Kashdan, Uswatte, & Julian, 2006) (McCullough, Emmons, & Tsang, 2002)*



OFFICE OF WELLNESS PROMOTION

For more information on the *Take What You Need* campaign, email [wellness@wcupa.edu](mailto:wellness@wcupa.edu).

You are beautiful

You inspire me

You are wonderful

You light up the room

You are brave

You are making a difference

You are like sunshine on a  
rainy day

On a scale of 1-10, you're an 11

You're really something special

Being around you makes  
everything better

Everything would be better if  
more people were like you