

# PROGRAM FACILITATOR



## Sr. Glenna Czachor

Sr. Glenna Czachor helped facilitate the Women's Day of Renewal and lead **Sacred Sounding: Whole Body Meditation**. We begin this full body meditation by finding our breath and gradually progressing to include simple vocal sounds and gentle body movements.

**Gratitude Journaling** allows you to take time to recognize goodness in your life. Research has found that gratitude boosts our immune systems, strengthens our relationships, and gives us an overall sense of optimism and well-being. It can even help you sleep better! Reflecting on the positive things that happen each day can inspire feelings of gratitude. The more you do it, the more naturally it will come to you.

