



November

Expressing Gratitude



Expressing gratitude is a healthy and scientifically backed way to help cope with stress and depression. There are times when life is hard, and often, we fixate on the negative and forget to offer grace for ourselves and share gratitude with others. Research conducted at UC Davis and the University of Miami found that people who practiced gratitude were significantly happier than those who didn't. Reducing stress can be as simple as recognizing positive actions, even if it feels cheesy, so don't knock it till you try it! Gratitude relieves stress, builds comradery, and builds hope! We created this toolbox talk to make it a little less awkward!

Talking Points

Take some time to express your appreciation for your team's hard work and dedication. This is a time to demonstrate how to show gratitude.

If you're feeling stuck, here are some ideas to get your gratitude flowing!

- Acknowledge specific individuals' hard work
- Buy Gift Cards: (think gas cards for those long commutes)
- Provide Free Meals
- Have a Celebrations
- Create a Thank You Banner

Your Toolbox



Gratitude Toolbox Talk



More Gratitude = Better Attitude

Reliable Resources



NAMI: Impact of Gratitude



Gratitude: A Mental Health Game Changer