



# The Power of Appreciation

Appreciation is the act of showing gratitude for others. A special shout-out may be especially powerful at a time when opportunities for meaningful interaction with co-workers are limited. Such positive gestures build morale and reduce stress and anxiety.

## TEAM ACTIVITY

In your unit-based team meeting or huddle, make appreciation part of your agenda. This month, ask your teammates to share one of the following:



A recent accomplishment



Appreciation for the team or co-worker



Compliments from patients about the care they have received

## SHARING IS CARING!



Honor your teammates with a [certificate of appreciation](#)



Log on to HRconnect for easy step-by-step directions to send a [praise badge](#) in Microsoft Teams

# GREAT JOB!



## Care for Yourself

Appreciation isn't just for others; it's also important to appreciate yourself and take time for self-care. In the face of COVID-19, preventive care is more important than ever. Get your vaccination and encourage family and friends to do the same.

Take advantage of self-care resources, including [apps](#) like Calm and myStrength. For more information, log on to HRconnect and visit Kaiser Permanente's [Employee Well-Being](#) resources.