

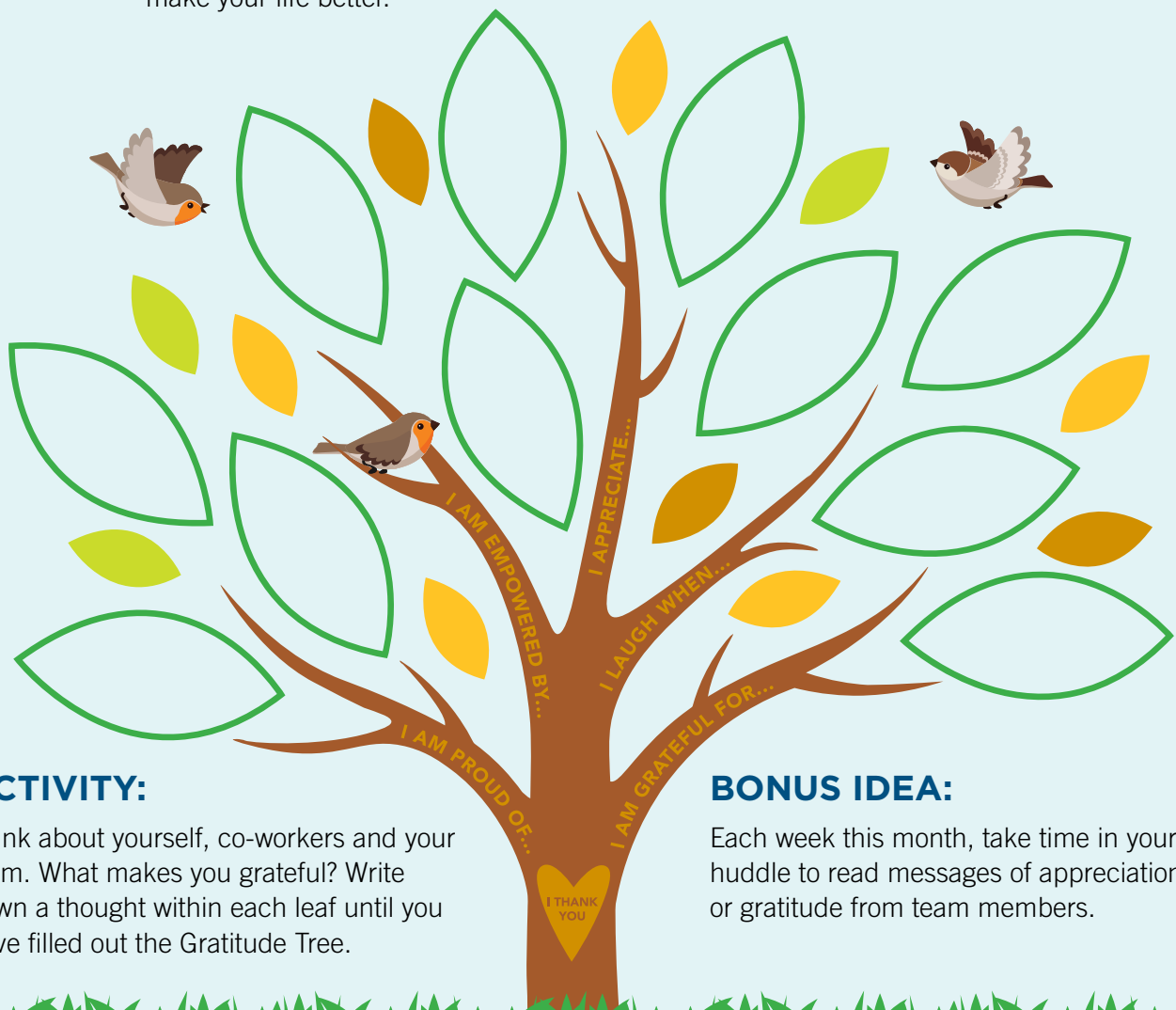


Graciously Grateful

One of the best ways to combat stress, loneliness and grief is by cultivating gratitude. Practicing gratitude and showing appreciation for others can help us view challenges from a different perspective while boosting positivity and joy, and reducing stress, anxiety and depression. This month, discover what brings you gratitude and share it with your team and family.



Self-Reflection: Use this holiday season to establish a new habit. Write down 5 things you're grateful for and repeat them to yourself when you wake up each day. Before bed, think back over your day and write down 1 or 2 more things you're grateful for. This will help you stop dwelling on the things that went wrong and start noticing the things that make your life better.



ACTIVITY:

Think about yourself, co-workers and your team. What makes you grateful? Write down a thought within each leaf until you have filled out the Gratitude Tree.

BONUS IDEA:

Each week this month, take time in your huddle to read messages of appreciation or gratitude from team members.