

TIP SHEET

Spreading the gratitude attitude

Speak to a wellbeing expert





Not much in life is free but saying please and thank you is! And it goes a long way. Spreading gratitude can go a long way in building that company community and do wonders for your employees' mental health. Creating the correct environment to help your team bond and transform their relationships is crucial. It's important to build your company culture around it and let your workplace know how much you value not just their work but them as a person - especially after all everyone has been through. So, go on, show some gratitude; your team will thank you for it!

Plant the seeds of appreciation and cultivate your organisation's gratitude garden today with these five actionable ideas:

Why is it so important to encourage gratitude at work?

- ✓ Improves employee mental health
- ✓ Fosters relationships between colleagues
- ✓ Creates a positive culture

1

Just say thank you

Creating a culture of saying thank you is one of the key pillars in building that ideal company community. Be it at an end/ start of week meeting – sometimes all it takes is to say thank you. And it doesn't have to always be related to work either – reach out to a colleague or team member privately and thank them for either being a shoulder to lean on or if they brought in a tasty treat that week! On a professional level focusing on your employees' achievements lets them know they are valued and will encourage them to feel more comfortable with their role.

2

Mind your language

The way we communicate and the language we use can make the difference between cultivating a culture of gratitude, recognition and appreciation vs a culture of individualism, siloed work and selfishness. As the saying goes, there's no "I" in 'Team'. And by encouraging your managers to replace 'I' with 'We', they'll be well on their way to incorporating recognition and gratitude for individual's efforts while fostering team unity.



3

Encourage mindfulness

Mindfulness has grown to be an integral part of people's wellbeing routine. Yoga and meditation have immense benefits in getting you to feel zen and reducing stress and anxiety. Yet mindfulness can extend beyond the yoga mat. Encourage your team to spend some time away from their computers, perhaps disconnecting from their screens in a local park. It will allow them to have some time to focus on themselves and reflect on what's important.

4

Write it down

A quick and easy way that many people find effective in developing a more positive psychology is keeping a gratitude journal. It may not be everyone's cup of tea. But it's certainly worth encouraging as it can be very impactful. Help employees sustain their new healthy habits by engaging a [wellbeing solution](#) where they can receive daily reminders and smart notifications to keep on top of their newly found routines.

5

Lead from the top

If senior leaders aren't getting involved and visibly demonstrating gratitude, the incentive for others to do so too dwindles. Whether it's in a video message, a short email or part of the organisation chat channel, get your leaders to spread the gratitude attitude and show their appreciation for their number one asset – their people.



Because health is personal™

Get in touch to learn how Personify Health can help you spread the gratitude attitude and cultivate a culture of positivity at your workplace.

Contact us

Learn more at personifyhealth.com/global/en
Find us on [facebook](#) | [twitter](#) | [linkedin](#)

