



FOUR WAYS TO PRACTICE GRATITUDE

From neuroscientists to spiritual leaders, there is consistent evidence of the immense positive impact of gratitude on our overall health and wellness.

When we express and feel appreciation, we shift our focus from what we don't have (creating negative emotions) to what we do have (creating positive emotions). It provides a sense of happiness, satisfaction, and relief. This change in perspective helps us to recognize our values and feel grounded and stable in our lives. Expressing gratitude for our colleagues' work is also an integral part of fostering a culture of appreciation in the workplace.

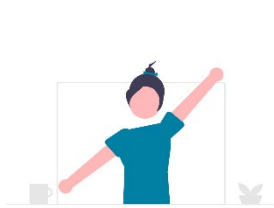
Brain scans have also shown the promising effects of expressing gratitude. It causes an increase in positive feeling hormones serotonin and dopamine and an improvement in the area of the brain that supports decision making. It also stimulates our giving nature as human beings. We naturally like to give to others and expressing gratitude towards each other is a form of altruism.

Here are four ways we recommend practicing gratitude:



"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

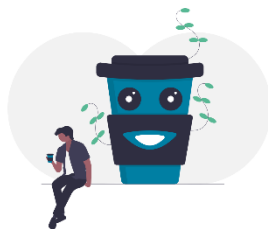
–Melody Beattie



Wake up with gratitude

Before checking your phone when you wake up, think of three things you're grateful for. Say them out loud or in your mind and try taking 30 seconds to allow yourself to feel the appreciation deeply.

Take it a step further by creating a gratitude journal to record these thoughts each morning.



Gratitude for food

Before eating, acknowledge where your food and drink has come from and give thanks. This could sound like: "I am so grateful to start my day with this fresh cup of coffee made with beans from Brazil."

Associating appreciation with our daily routine can strengthen our attitude of gratitude.



Thank you vs. I'm sorry

Instead of saying "I'm sorry," try saying "Thank you" when you feel it makes sense.

You can be sorry for a delay in a task, for example, but consider instead sending a thank you message to your colleague acknowledging their patience.



Send a True Blue

Recognition can go a long way, for both the giver and the receiver. It feels good to be seen and acknowledged for the small gestures we sometimes overlook in our day-to-day tasks.

Try to create a habit of sending at least one True Blue per week to someone who has positively impacted you.

Stay well with an attitude of gratitude!