



FOUR WAYS TO PRACTICE GRATITUDE AS A TEAM

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 team gratitude:



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

–Melody Beattie



Gratitude check-in

Start the meeting with a round table, asking everyone to share one thing that they're grateful for today.

Take it a step further by asking for details with questions like "What memory, invention, place, person or book are you most grateful for today?".



Leaders send thank you messages

Leaders can create a culture shift by sending a sincere and individualized thank you message to team members.

Be specific in your gratitude. Notice when team members or peers are doing something well and ensure they know exactly what they did that was so great.



Share gratitude quotes or posts

Sharing gratitude content you've found online to group chats or as a background on your team calls can be a fun reminder of things to be grateful for in life.



Appreciate small team wins

Whether it's reaching a milestone in a project or being able to problem solve a solution, acknowledge it and celebrate it.

Stay well with an attitude of gratitude!