

Spreading the gratitude attitude



TIPSHEET



It doesn't cost much. Doesn't take a lot of time. Yet the benefits are massive. No, it's not grandma's banana bread. It's gratitude. Not only can it do wonders for your employees' mental health, but it has the power to transform employee bonding and team building too. And with **World Gratitude Day** just around the corner on **September 21st**, it's important organisations take advantage and start cultivating a culture around it.

Everyone will be grateful for it!

Why's it so important to encourage gratitude at work?



Improves employee mental health



Fosters relationships between colleagues



Creates a positive culture



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



Schedule in a Friday thank-you circle

Gather your team, department or whole organisation (depending how big you are!) and run a Friday thank-yous session in-person or virtually. Each employee recognises another for something they've done for them that week. This is also a great way to reflect on the achievements for the week and help employees feel proud of the progress they've made this week - big or small. Jazz it up by adding a theme here and there... Rad-shirt Fridays anyone?



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.



Get into the zen

You may have heard that yoga and meditation can help reduce stress and anxiety. But it can also help us to focus on the present. So why not intertwine the two and run a mindfulness meditation or yoga session for your people. It'll provide the perfect opportunity for them to focus on something they're grateful for.



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.



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.

[Get in touch to learn how Virgin Pulse can help you spread the gratitude attitude and cultivate a culture of positivity at your workplace.](#)

Learn more at virginpulse.com Find us on [facebook](#) | [twitter](#) | [linkedin](#)

virginpulse.com

© Virgin Pulse 2020