LEARN BENEFITS OF GIVING GRATITUDE: Being grateful is thankfulness in action. Learn about the benefits of gratitude and how practicing gratitude gives us more to be grateful for. Gratitude can improve not just our immediate outlook and mood, but our relationships, health, and more! To understand the great and scientifically proven benefits of giving gratitude, check: Psychology Today – Benefits of Gratitude.

NAME 3 THINGS YOU ARE GRATEFUL FOR: Feeling stressed or refreshed? No matter how you feel, write three things you are Grateful for today. Areas of gratitude may relate to nature, your health, relationships, basic needs, technology, work, talents/skills, etc., to name a few. To receive some inspiration, watch this 5-minute video on gratitude: A Grateful Day.

GIVE THANKS: Surprise someone today with a "thank you." Whether you say it in person, by phone, email, text or a hand-written note, it will make their day AND help you feel good at the same time! If you need some ideas about what to say, visit Thank You Card Messages.

FIND POSITIVE OUTCOME FROM A MISTAKE OR REGRET: Are you still “kicking” yourself because of a mistake or a lingering regret? Research shows that there is often value in regret, primarily because of its “motivating corrective action.” In one study, positive outcomes of regret included: (1) making sense of the world, (2) avoiding future negative behaviors, (3) gaining insight, (4) achieving social harmony, and (5) improving ability to approach desired opportunities. In addition, we often don’t realize a “silver-lining” until well after our decisions or actions. Think of a mistake or regret you are still struggling with and ask yourself, “What is one positive outcome that resulted from that mistake/regret? Use this experience to re-shape your perception and outlook. If you are not able to identify a positive outcome, focus on forgiving yourself, which is, in itself a good thing.

ACCEPT COMPLIMENTS GRACIOUSLY: We are often taught to downplay our accomplishments and hide our emotions. These habits might make it uncomfortable to receive compliments. When we hear one, we might deflect or deny it to avoid appearing boastful. We may believe we don’t deserve it, or others deserve it more. There are 3 ways to respond to compliments with gracious gratitude. These practices can help “let in” meaningful information about how we positively impact others, build healthy confidence and strengthen personal and professional connections. Give one a try!

- Accept - “Thank you for saying that. I’m learning to let compliments in.”
- Amplify - Allow it to sink-in. Replay the words in your head and feel the sensations associated with it.
- Advance - Continue the conversation. “Wow, I appreciate that. If you don’t mind my asking, what was most helpful to you about _?”
PRACTICE RANDOM KINDNESS:
Random acts of kindness bring mutual benefits because we usually feel good after we have helped someone. Choose one or more of these kind gestures:
• On your commute to and from work, allow another driver to merge or turn in front of you.
• Help start the day off by brewing a fresh pot of coffee in the office.
• Hold the door open for a person coming in behind you.
• Offer to assist a co-worker who is juggling many tasks and would appreciate the help.
• Invite someone to stand ahead of you in line.
• Surprise a family member or friend with a treat, such as their favorite candy or snack.
• Share a positive quote or your favorite RFS activity with someone to spread inspiration!

SHARE TEAM ACCOMPLISHMENTS:
Time to brag a little today! Give a shout out about your team's accomplishments. Write down at least two work-team accomplishments that occurred during the last month or two. What contributed to your team’s success? Share your observations with your team members as a way to express gratitude. Make time for this important activity during a staff meeting, huddle or one to one. It's refreshing to share good things!

START A GRATITUDE CHAIN:
Gratitude has scientifically proven benefits like improving physical and psychological health, enhancing empathy and reducing aggression...the list goes on. Choose one of these ideas or create your own to inspire gratitude:
• Take turns in a meeting or during a family meal to share something you are grateful for or appreciate.
• Start a “write a thank you note to a co-worker” chain.
• Send an email to your team or family/friends at the beginning of the week sharing one or two things you are grateful for; encourage others to do the same.
• Create a gratitude board or tree where your family or colleagues can post notes of appreciation. For more information about gratitude trees, click here.