

# CULTIVATE A GRATITUDE LIFESTYLE

FOR WELLNESS AT HOME AND WORK.

Gratitude is more than a feeling or saying, but an attitude. It is the ability to recognize and appreciate the good parts in life, whether it be our personal or work life. We show or express gratitude when we thank people, when we recognize efforts and make people feel appreciated.



UMASS & JEDDY WELLNESS

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Practicing gratitude at work can lead to significant improvements in mental health and overall workplace wellness.

THERE ARE SEVERAL WAYS TO INCORPORATE GRATITUDE, INCLUDING:



## 01 SAYING 'THANK YOU' GOES A LONG WAY!

### TRY SET

- **Specific:** Describe the specific act or behavior for which you are grateful
- **Explanatory:** Explain why it is important to you and/or other being served
- **Thoughtful:** Use the person's name, each team member's name

## 02 BE A GOOD LEADING EXAMPLE.

Leaders and supervisors should lead by example and promote gratitude among the team, encouraging others to do the same.



## 03 CELEBRATING ACCOMPLISHMENTS AND MILESTONES AUGMENTS MOTIVATION!

### THINK ABOUT:

- **Who** at work or home is quietly working hard without much recognition?
- **What** specific tasks or contributions do they make that really matter to you at work or home?
- **Using the Gratitude Framework (SET)**, how can you thank them in a Specific, Explanatory, and Thoughtful way?

