



CULTIVATING GRATITUDE



As we approach the holidays, we may experience more demands on us — at home and at work. How we respond to stress can impact our well-being. Practicing gratitude and showing appreciation for others can help us view challenges from a different perspective, while boosting feelings of positivity and joy, and reducing stress, anxiety, and depression. This month express your gratitude by sharing what brings you joy with team members.

ACTIVITY:
Think about yourself, co-workers, and your team. What makes you grateful? Cut out a leaf, write it down, then attach it to the Gratitude Tree.

BONUS IDEA:
Each week this month, take time in your huddle to read messages of appreciation or gratitude from team members.

For more information on cultivating gratitude, visit kp.org/gokp.