

IOWA

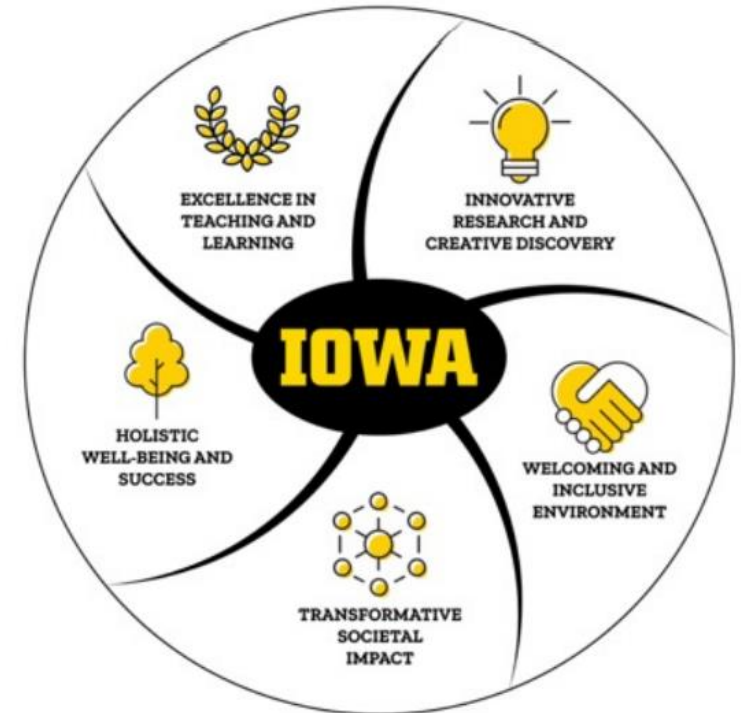
UI Staff Council: Well-Being

Infuse Gratitude into Work and Life

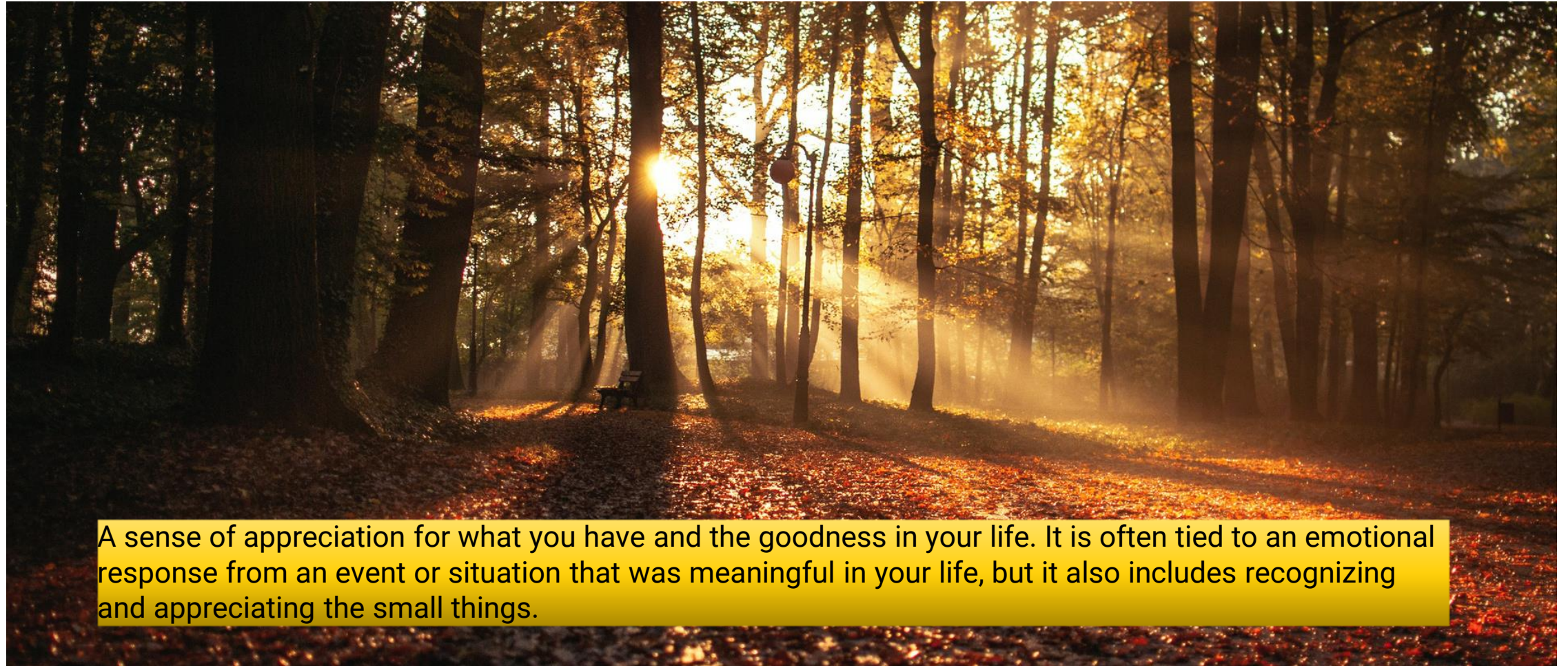
December 14, 2022

Infuse Gratitude into Work and Life

- Why is Gratitude So Important
- Infusing Gratitude into Your Daily Practices
 - At Work
 - At Home
- Call to action
 - Send a thank you note to a colleague
 - Request a Gratitude Journal



Gratitude



A sense of appreciation for what you have and the goodness in your life. It is often tied to an emotional response from an event or situation that was meaningful in your life, but it also includes recognizing and appreciating the small things.

[Grateful Hawks: Gratitude Resource Guide – Mental Health at Iowa](#)

Benefits of Gratitude



More positive emotions



Improved sleep and well-being



Decreased stress and depression



Decreased physical pain



Strengthened interpersonal relationships

Ways to include gratitude in your life

- Set aside time frequently to focus on what you are thankful for. Keep a Gratitude Journal.
- Thank someone in person for something they did
- Write a thank you note
- Start a gratitude jar
- Thank yourself
- Volunteer



Gratitude Journal Prompts

- Take 3-5 minutes and write about:
 - How many of your basic needs do you not have to worry about meeting today?
 - Who is someone that really listens to you when you talk?
 - What about today has been better than yesterday?



Become a Gratitude Leader

- All employees want to feel seen, heard, and appreciated.
- Making colleagues feel valued and included leads to more positive emotions, improved work/group satisfaction, better social relationships, less stress, and more productivity.



Infusing Gratitude into the Workplace

Post positive affirmations

In physical office space or virtually through email or Microsoft Teams chat, etc.

Invest in employee enrichment

Support employee development.

Bring gratitude into meetings

Carve out time on a meeting agenda for gratitude.

Hold “gratitude huddles”

A short team huddle specifically on gratitude.

Write thoughtful notes

Thank a colleague for specific acts.

Send a “Kudo board”

A virtual bulletin board sharing gratitude/appreciation.

Give public recognition

Recognize a colleague through UI formal recognition programs

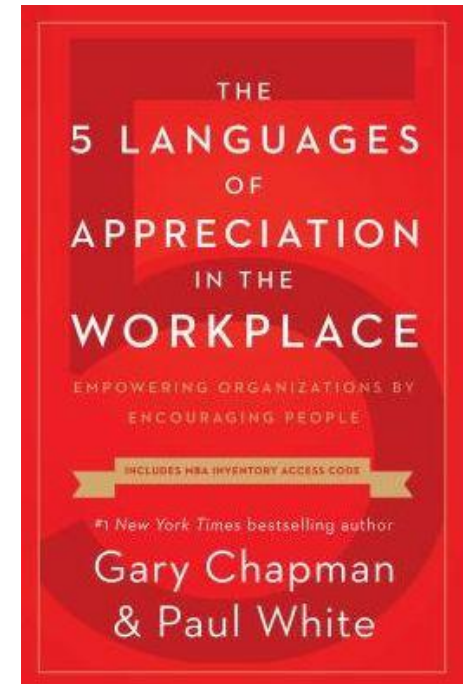
Lead by example

Model gratitude for yourself and team.

Cultural Considerations for Gratitude

Since we may not all express gratitude in the same way, it can be helpful to learn an individual's preferences for receiving gratitude.

- Words of affirmation
- Quality time
- Acts of service
- Tangible gifts
- Physical touch



[How Cultural Differences Shape your Gratitude](#)

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UI Wellness



Call To Action





Thank your colleague

- Take a thank you card and spend a few minutes thinking about a colleague you are grateful for or something positive at work you appreciate
- Mail your letter or stick in their mailbox

Practice Daily Gratitude

- Request a Gratitude Journal by emailing livewell@uiowa.edu or stop by the CRWC Wellness Area
- Set aside five minutes of your day for reflection
- Write down 1-2 things you are grateful for each day

