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.
Benefits of Gratitude

- More positive emotions
- Improved sleep and well-being
- Decreased stress and depression
- Decreased physical pain
- Strengthened interpersonal relationships

UI Wellness
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

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<tr>
<th>Post positive affirmations</th>
<th>Invest in employee enrichment</th>
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<td>In physical office space or virtually through email or Microsoft Teams chat, etc.</td>
<td>Support employee development.</td>
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<th>Bring gratitude into meetings</th>
<th>Hold “gratitude huddles”</th>
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<td>Carve out time on a meeting agenda for gratitude.</td>
<td>A short team huddle specifically on gratitude.</td>
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<th>Write thoughtful notes</th>
<th>Send a “Kudo board”</th>
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<td>Thank a colleague for specific acts.</td>
<td>A virtual bulletin board sharing gratitude/appreciation.</td>
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<th>Give public recognition</th>
<th>Lead by example</th>
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<td>Recognize a colleague through UI formal recognition programs</td>
<td>Model gratitude for yourself and team.</td>
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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
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