# Glad for Gratitude

Practicing gratitude can produce amazing results, from improving our mental health to boosting our relationships with others. Taking steps to incorporate gratitude into our lives helps us view challenges differently, boosts positivity, and reduces stress and anxiety. This month, express your gratitude by sharing with your team the things you are grateful for and that bring you joy.

Self-Reflection: Each day for at least a week, write down three "events" that went well that day. The events can be as small as sharing a laugh with a friend, or major milestones such as earning a promotion. Taking time to reflect on the good things helps us stop dwelling on what is wrong. Stick with it, and you will find more positive outlook taking hold in your life.
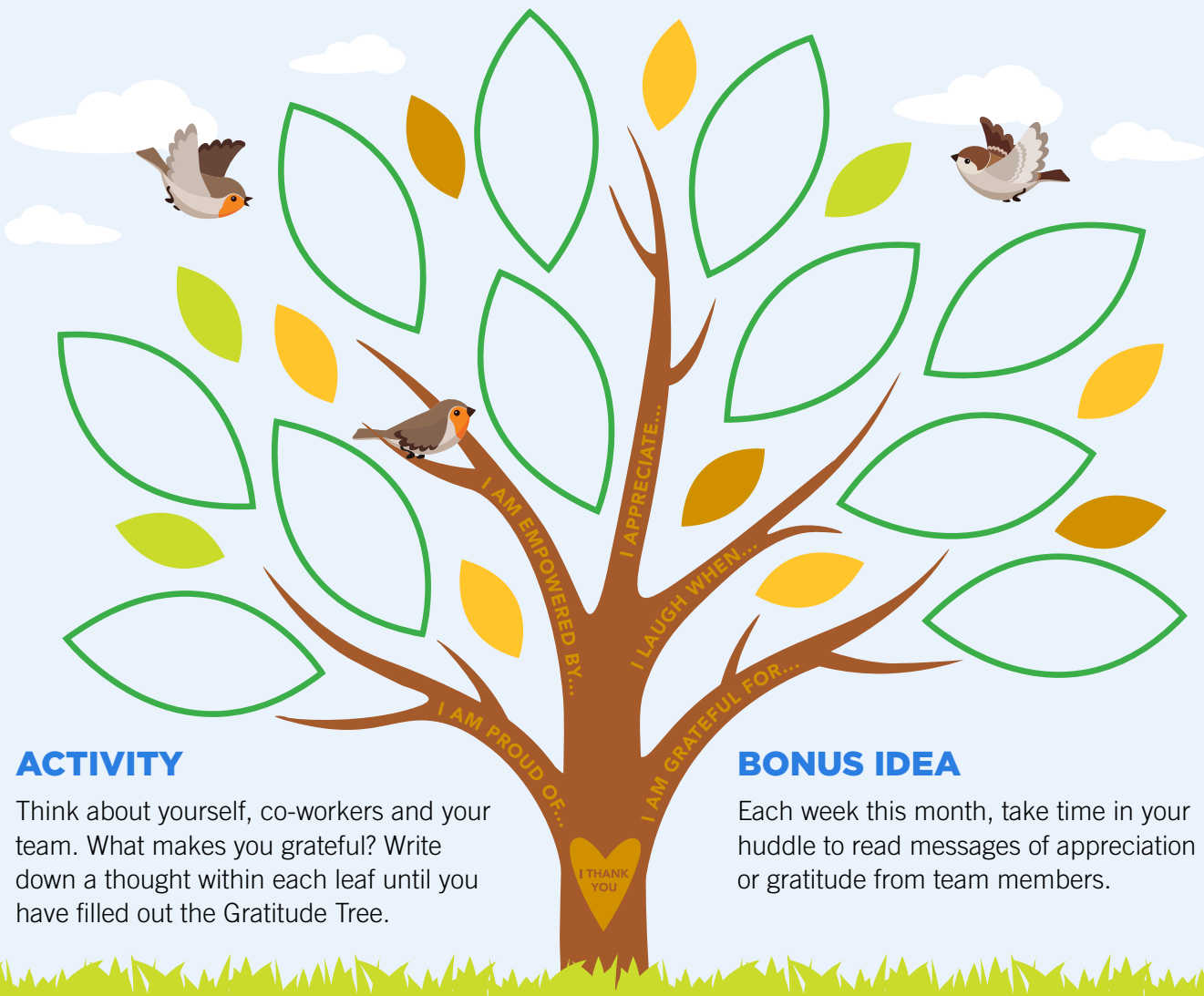
ACTIVITY

Think about yourself, co-workers and your team. What makes you grateful? Write down a thought within each leaf until you have filled out the Gratitude Tree.

BONUS IDEA

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

Additional resource: For more ideas on how to express gratitude, visit the new Gratitude and Recognition page on MyKP at kp.org/recognition.

LMP LABOR MANAGEMENT PARTNERSHIP