

UABLEARNDEVWHISPER

A Weekly Publication of Learning

Gratitude in 2020?

2020 has been a pretty rough year where many of us have felt the weight of additional stress and uncertainty in our daily lives. Expressing gratitude has been a proven way to reduce stress and improve mental and physical health. Consider new ways to build an “attitude of gratitude”.

What if we took time to be grateful for the new world we have discovered either in quarantine or remote work? What if we paused to appreciate the opportunities we’ve been granted to re-establish old traditions and spend more time together?

Being thankful may be hard this year, but if you take the time to make a list of all the good things, even the small ones, you’ll find your list growing every day.

We are grateful for the opportunity to serve you this year. Learning & Development is looking forward to offering more opportunities to help you learn and grow as we head in to a new year.

Happy Thanksgiving!

CALL TO ACTION:

- Make a list of things you are thankful for this year. Next year during Thanksgiving, pull the list out and make another list for comparison.
- Thank essential workers – medical staff, grocery store workers, first responders, etc.
- Show gratitude with small acts of kindness. Consider gift cards, flowers, baked goods, a small present, or a sweet treat that says, “Thank you for being there.”
- Tell family, friends, co-workers, and your boss how much you appreciate them – even if it’s the little things.

KEEP ON LEARNING*

- ▶ Watch the video, [Focus On What’s Good and Build Gratitude](#). (4m 9s)
- ▶ Scan LifeHack’s article on [40 Simple Ways to Practice Gratitude](#) (choose only the ones you want to practice).
- ▶ Watch [The Power of Gratitude](#) (1m 29s).



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