OCTOBER 12

Practice Gratitude

Canada's Healthy Workplace Month

EXCELLENCE CANADA

Thanksgiving reminds us to appreciate the people and positive moments in our lives. In the workplace, showing gratitude can improve teamwork, motivation, and overall workplace culture.



Write a Gratitude Note

Take a moment to write down one thing you are thankful for at work. It could be supportive coworkers, a helpful manager, or simply having a positive work environment.

Thank a Colleague

Say "thank you" to a coworker who helped you this week. A small message, email, or quick conversation can make someone feel appreciated.

Choose how you will

Practice Gratitude

Recognize Team Efforts

During a meeting or team chat, recognize the effort your team has made. Appreciating group work helps create a positive team culture.

Reflect on the Positive

Think about one good experience you had at work recently. Reflecting on positive moments helps build motivation and gratitude.

Learn more at
healthyworkplacemonth.ca

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Daily Resource

Gratitude Reflection Card

Employees can take a few minutes to write:

- One thing I appreciate about my workplace
- One colleague I am thankful for
- One positive moment from this week

Workplace Tips

For Leaders

Use Thanksgiving as an opportunity to recognize employee contributions and celebrate teamwork. Even simple words of appreciation can increase employee morale.

For Team Members

Expressing gratitude regularly helps strengthen relationships with coworkers and creates a more supportive workplace environment.

> **"Appreciation can make a day - even change a life."**
>
> **- Margaret Trudeau (Mental Health Advocate & Public Speaker)**

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