

# AWARENESS ACTIVITY 5: Receiving and Expressing Gratitude



Research suggests that the **expression of gratitude** builds and strengthens social interactions and relationships in the workplace. Similar to other positive emotions, the experience of both giving and receiving gratitude contributes to feelings of wellbeing, and to increases in people's capacity for coping with stress and adversity.

*(Emmons & McCullough, 2003)*

With a colleague, recall a specific time when someone expressed thankfulness or gratitude to you for something you had done or given?

- ★ What feelings did you experience when gratitude was expressed?
- ★ From your perspective, what are the benefits related to expressing gratitude in the workplace?

With another team member, think about the work activities and people for whom you are grateful.

- ★ What specific goals or major tasks have you completed over the past three months?
- ★ When you think of these accomplishments, are there certain people for whom you are grateful?
- ★ Make a list these individuals and be specific as to why you are grateful for them and how it relates to reaching or supporting your goals or tasks. Share your list with the larger group or full team.

Distribute blank greeting or thank you cards to everyone on your team. Invite team members to compose a short thank-you note expressing gratitude to someone from the lists that were generated. Following the activity, invite team members to mail or deliver their written note of gratitude.