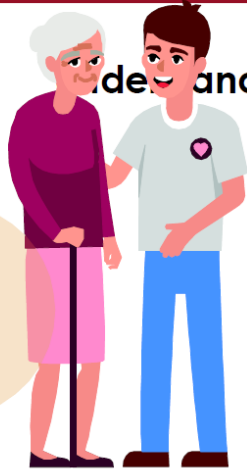


Gratitude



...de and the concept



Builds stronger relationships

The more you practice it, the more you get back.

What are you grateful for and why?



Improves health/energy



reflect



Helps you overcome obstacles



practice



What am I taking for granted that, if I stop to think about it, I am grateful for?



Moves you up the Mood Elevator

Gratitude Assignment

understand the concept



Focusing on what you are grateful for helps you be at your best (happier, healthier, and more physically and socially active) more often. People who cultivate a daily attitude of gratitude tend to see their lives more favorably and feel better about who they are with and what they are doing.

reflect



- *What are some of the things you are grateful for in your life?*
- *How can getting in touch more often with things you are grateful for improve your performance, your relationships and your mood?*

practice

- WHEN YOU FEEL LIKE YOU ARE ON ONE OF THE LOWER FLOORS OF THE MOOD ELEVATOR, TRY THINKING ABOUT THE PEOPLE AND THINGS IN YOUR LIFE THAT YOU ARE GRATEFUL FOR.
- SHARE YOUR GRATITUDE WITH THE PEOPLE IN YOUR LIFE YOU ARE GRATEFUL FOR MORE OFTEN— SEND A TEXT, EMAIL, CALL, OR DO IT IN PERSON.

BE EXTRAORDINARY **TOGETHER.**

Culture Considerations and Conversation Starters

Gratitude

Conversation Starters

Gratitude is a habit that many of us do not regularly practice. Ask you team members to be intentional about building gratitude into their daily lives. Ask them to consider:

- Listing at list three things for which they are grateful each day. Make a plan to take action on those three things, even if it is to take a short amount of time to meditate on them.
- In morning huddles or team meetings, insert a practice of asking for a quick round-robin of things for which each team member is grateful.
- Expressing appreciation to peers, friends and loved ones for things for which you are grateful has high impact. Commit, as a team, to do this more often.

BE EXTRAORDINARY **TOGETHER.**

Expressing gratitude affects mood—sometimes just remembering the things we are grateful for can completely alter our perspective, which helps us to bring the best version of our selves to every situation.

Peer Coaching is a great example of how **gratitude** can impact both individual and team performance. When we share with others the things that we are grateful for, we influence this behavior to become the standard.

Encourage Safe Behaviors

5 times as often as you...

Correct an **Unsafe** Behavior

Tips

- Be willing to give feedback to others... *and* be willing to have others give feedback to you!
- Provide feedback based on observations
- Use the “lightest touch” possible
- Thank each other for doing things right!

Remember – without saying a word:
“What you permit, you promote.”

Expressing gratitude for the successes of others creates a culture that embraces respect and collegiality.

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