

NOVEMBER 2018

PRACTICE GRATITUDE AND KINDNESS



LM^P LABOR MANAGEMENT PARTNERSHIP

LIVE. LAUGH. LOVE. These words make for a great poster, but during the busy and stressful holiday season, we often forget how vital they are to our own well-being. By showing appreciation and expressing gratitude toward others, we increase our positivity, strengthen our relationships, support our physical resilience, and increase our own mental health and happiness.



Put gratitude to practice by inviting your team to write notes of thanks or recognition. Post the notes to your team bulletin board or cut them out and give to the person you would like to recognize.



You can also spread gratitude all year long by starting a Gratitude Tree in your department. Go to kp.org/gokp to download the Health and Happiness for the Holidays Magazine, learn more about gratitude, find ideas for other ways to reduce stress, and increase your resiliency during the holiday season.