

NOVEMBER 2016

# HAVE A NO-STRESS NOVEMBER



**LM<sup>3</sup>** LABOR MANAGEMENT PARTNERSHIP

## Season your holidays with a sprinkle of gratitude

The holiday season can leave us scrambling and stressed. Showing appreciation can provide some relief. Studies show that people feel happier after writing letters of appreciation.



Let's get the gratitude going. Ask team members to jot down some short thank you messages on the clouds below. Then hang this poster up in your work area or send a copy of it in email so everyone on the team can see.



You can also share what you're thankful for by starting a Gratitude Tree! Contact [healthyworkforce@kp.org](mailto:healthyworkforce@kp.org) to request one or download one from [kp.org/gokp](http://kp.org/gokp).