

November 2007

## **Gratitude...Year-Round Rewards**

As the Thanksgiving holiday approaches, most of us take time to think about the things we are most thankful for. Looking for reasons to be grateful can change your working environment as well as your outlook on life. You spend a significant number of your waking hours at work and when you are there, you constantly interact with co-workers and patients alike. What are those contacts like for you? If you approach them in a spirit of gratitude, you will find it makes a major difference in how you view the hours you spend at work. And it will make a difference in how others see you. Think about how good it makes you feel when someone compliments you for going the extra distance to help them. Now pass it on! Think about the last time someone sincerely praised you for your contribution to a harmonious workplace. Now pass that on, too! You'll be surprised at the results.

Numerous studies have shown that freely expressing gratitude has a positive, long-lasting effect on your personal well-being, even when you are stressed or dealing with troubles. People who make it a habit to feel grateful and express it are also happier, healthier and more optimistic, generally feeling better about their lives. They tend to make more progress toward achieving their goals and are more likely to be willing to help others. Imagine working with people like that every day! Imagine doing business with a place like that! It could be one truly harmonious place to work and it would undoubtedly be a place that would attract happy, satisfied patients! Perhaps gratitude is an attitude to try year-round.

“Appreciation can make a day, even change a life. Your willingness to put it into words is all that is necessary.”  
~ Margaret Cousins

Thanks,  
Alisabeth Jenkins, Graphic Design Updates  
Heritage Web Solutions  
1-866-211-0743