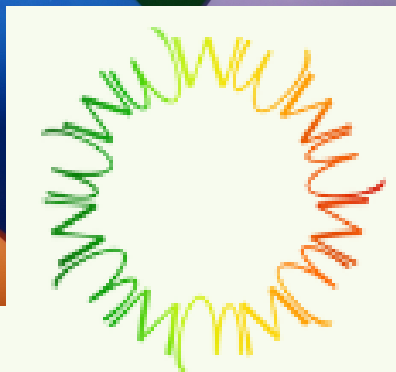


Weekly Wisdom

Grow the Green for You and Your Team



“Happiness quite unshared can scarcely be called happiness.”

-- Charlotte Bronte

The Team-Boosting Power of Celebrations

When life is handing us stressors and well, life, we often overlook a surefire way to increase our joy and the well-being of those around us.

Celebrations increase our joy and our long-term happiness & life satisfaction.

Celebratory gatherings also create a sense of shared identity and purpose. They serve as a form of release that dissolves tension & promotes more egalitarian behavior. They strengthen relationships & shared values.

You don't necessarily have to throw a party to celebrate. The linked article has awesome ideas for traditions and rituals for busy teams who want to support each other's success.

Make your joy visible. Bulletin or white boards used creatively can do the trick.

Send joy group texts marked with a rainbow emoji.

Find your team's equivalent of **“emergency confetti.”** (see article lol)