

Weekly Wisdom



Grow the Green for You and Your Team



"Gratitude is the social glue for a species that completely relies on teamwork for survival."

Cultivating Gratitude at Work

It's November, the perfect time to dip into the benefits of gratitude, especially in the context of our work.

Psychologists see gratitude as part of a "virtuous cycle" in which

- We recognize something of value coming from beyond ourselves;
- We receive the gift and acknowledge the source; and
- The positive emotion associated with the process inspires us to "pay it forward" -- and thus the cycle continues.

Dr. Hass, in the linked article, prescribes gratitude for his patients. He also recommends the following:

- Appreciate all that is going right.
- Slow down for just a few seconds.
- Remember, the real stories in health care are those of the patients. We have a front row seat.
- Say thanks like you mean it.
- See healthcare as sacred work.

Dr. Hass concludes that his gratitude practice has made his work sustainable, especially when the work is hardest.