

# Weekly Wisdom

*Grow the Green for You and Your Team*



*“Dear Stress, I would like a divorce. Please understand it is not you, it is me.” -Thomas E. Rojo Aubrey*

## Gratitude at Work

Co-workers who feel and express gratitude have better coping responses during stressful situations.

Research reveals that gratitude improves relationships with friends, family, and co-workers.

Grateful people also enjoy better health and health outcomes.

People who express gratitude are seen as "warmer and more competent" than those who don't.

Don't be afraid to express genuine gratitude -- people love to hear it!

Got gratitude? Then you are likely to cope better when the going gets tough at work.