

Simple acts of gratitude can have a positive impact on your wellbeing, happiness and relationships!

Having a healthy and respectful relationship with yourself is the first step to not only having positive work relationships, but for all relationships in your life. A beneficial strategy for inviting positivity into your life is to show gratitude in all situations!

Having a sense of gratitude means appreciating and seeing the good in every situation.

Faced with a challenge? Be grateful that you can learn and grow from it.

Have bills to pay? Be grateful that you have access to the services.

Super busy at work? Be grateful that you have an amazing job.

Your family have left the house in a mess? Be grateful that you have your family in your house.

*“Gratitude can make your life happier and more satisfying. When we feel gratitude, we benefit from the pleasant memory of a positive event in our life. Also, when we express our gratitude to others, we strengthen our relationship with them”
(Seligman, 2012).*

By sharing your gratitude and appreciation around, you may find it rubs off on other people in your life. You can uplift and inspire others to take care of their own mental wellbeing!

It is important to be mindful with your expectations of yourself and of others.

Expectations often cause disappointments, and are the fastest way to ruin your positivity and relationships.

By being present in the moment and accepting situations without having a preconceived outcome, you are being open and allowing yourself to have your best life!

“An education and care service operates most effectively when there is open communication and information is shared. Effective communication and problem solving between the adults in the service also models successful working relationships for children.”

– The Guide to NQS.

Let the people in your life know that you appreciate them!

Expressing our gratitude towards others opens the door for interactions full of respect, care and empathy.

Remember: A person who feels appreciated, will always do more than is expected.

Tip: While sometimes it is hard to see the positive side in situations, it is important to balance negativity with positivity.

A great way to do this is to start a gratitude journal. This could be hand written or in the notes of your phone. Set aside a minute or so in your day and write down all the great things in your life. This is a such a strong visual reminder of things to be thankful for.



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