

NOVEMBER 2017

# GROW HEALTH AND HAPPINESS: SHOW YOUR GRATITUDE



**LM<sup>3</sup>** LABOR MANAGEMENT  
PARTNERSHIP

The end of the year can be a busy, stressful time at work and home. But studies show that when people write down things they're thankful for, they often feel better. Expressing gratitude can provide a greater sense of well-being.



Get the gratitude going. Ask team members to jot down short thank-you messages on the tree leaves below. Then hang this poster in your work area, or visit [GoKP.org](http://GoKP.org) for additional copies.

