



# 6 Ways to Show Coworkers Gratitude

Ready to show your work family they're appreciated? Start with these six tips and experience how gratitude reduces stress and increases optimism.

1. **Be specific with your thanks.** A simple "thank you for jumping in and helping me during that presentation yesterday" is a great way to show appreciation.
2. **Speak up in team meetings.** It's nice to be acknowledged with the group. Add context for good measure: "We got done on time thanks to Karen—she hung around for the final edits."
3. **Bring in something to improve someone's workspace.** Instead of showing up with morning pastries, bring in a nice plant (or an addition to the décor) to brighten the office for everyone.
4. **Let the boss know, too.** When someone goes above and beyond, email their boss to let them know you appreciate their hard work.
5. **Offer to assist.** If you notice someone is frazzled and up against a deadline, offer to pitch in. If you can't assist with the project at hand, there's a good chance you can help with something else.
6. **Leave random notes as a fun, happy surprise.** A little spontaneity can go a long way to brighten a day.



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