

This holiday season, help yourself and your colleagues reduce stress by practicing gratitude during the **12 Days of Gratitude Challenge!** From **December 9th - 20th**, WorkWell NYC will be sharing daily prompts and highlighting what City employees are grateful on our **Instagram** account. Spread the word to your co-workers and follow along **@workwellnyc!**

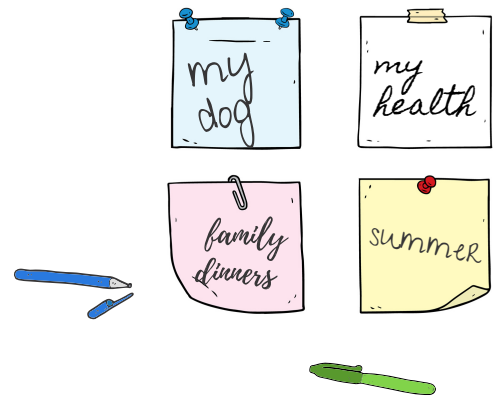
During the challenge, you can do even more to create an attitude of gratitude at your worksite with these fun and easy activities:

1. Set up a gratitude wall

A gratitude wall is a dedicated space for employees to write what they are grateful for and inspire others to do the same.

Setting up a gratitude wall only takes a few steps:

- ✓ Get permission from Leadership.
- ✓ Spread the word using our [promotional materials](#).
- ✓ Provide pens or sharpies and sticky notes.
- ✓ Monitor the wall regularly.



2. Say thank you to co-workers

Encourage your co-workers to write thank you notes or emails to each other. See how these little expressions of gratitude boost workplace wellness!

3. Begin staff meetings with "one thing..."

At your next meeting, suggest that each attendee share one thing they are grateful for. If meetings aren't the best place, get creative about the ways you can sneak in little moments of gratitude (e.g. at the lunch table).

