



Good Morning all,

Our office will be participating in the Well-U 30 Days of Gratitude Challenge from _____!



Gratitude

In addition to the increase in work performance, gratitude also helps improve employee health and wellbeing. Feeling and expressing gratitude promotes a positive and happy mood. These brain boosts can have significant positive effects on employees' physical and mental health.

Here is how it works:

- Reply to this email with "I'm ready!"
- On the start date, download or print this [30 day gratitude challenge checklist](#).
- Follow the checklist from days 1-30 and check off each action as you complete them.
- Once the challenge period is over, you'll send your checklist to _____. It's that simple!
- Prizes will be awarded to the top three individuals on _____ and will include a variety of exciting and fun surprises! Note: In the event of a tie, a raffle made up of the top individuals will determine the winner.

Change Your Mood

Research has found that expressing and feeling gratitude will boost employee health and wellbeing in many different ways:

- Promoting better sleep
- Lowering blood pressure
- Improving one's sense of mindfulness
- Increasing energy
- Improving one's mood and feelings of happiness
- Decreasing stress

Uplift Your Attitude

Total Wellness [Gratitude Guide](#)

Join

To participate in our department's Well-U 30 Days of Gratitude Challenge, respond to this email by _____, and then start checking off the boxes on the morning of _____! All University of Rochester employees can participate.

Don't Miss It

You can still participate! Just be sure to check off each box in the checklist as you complete each action and submit your number to _____ on the _____.

Reply to this email to let me know if you are interested in participating!

Find other support resources on the [Well-U website](#).