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](#).