



LIVING THE PLEDGE
Self Care for Safe Care

January and February are Gratitude Months

In January and February, we are highlighting the practice of Gratitude to promote Self Care.

Have you ever noticed how it warmed your heart when someone appreciates you? Showing gratitude is a powerful way to spread your happiness to others.

Actions You Can Take to Live the Pledge by Practicing Gratitude

1. Share information about Gratitude
2. Post a new poster every 2 weeks promoting Gratitude
 - a. [Poster 1](#)
 - b. [Poster 2](#)
 - c. [Poster 3](#)
 - d. [Poster 4](#)
3. [Share a video](#) on the impact of Gratitude
4. Encourage everyone in your community (i.e., leaders, staff, residents, families, volunteers) to [write a gratitude letter](#) to someone they are particularly grateful for.
5. Build Gratitude into your workday. Here are some examples of how:
 - a. [Hang posters on the walls around the campus](#) (or just a large sheet of easel paper), add a few things you are grateful for to get the list started and encourage others to add their items
 - b. Start meetings asking staff to share what or who they are grateful for or share One Good Thing
 - c. Build in time during team meetings to solicit specific “shout-outs” from team members for people who have gone above and beyond.