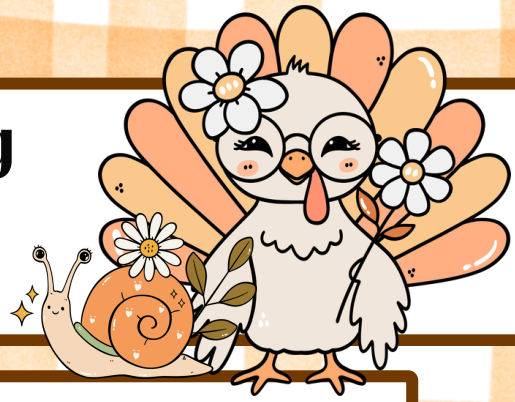


Gratitude in Action: Appreciating Diversity and Team Strength

Compassion
HOME CARE

October 2026



Gratitude Builds Connection

October reminds us to pause and give thanks... for people, moments, and teamwork that makes our work meaningful.

Inclusion begins when we recognize the value each person brings. Gratitude turns that recognition into action. Every "Thank you" we share strengthens connection and belonging.

Inclusion Through Appreciation

When gratitude becomes a habit, it transforms the workplace. It reminds us that every effort, whether seen or unseen, matters.

Ways to show gratitude:

- Thank people publicly and privately
- Be specific. Say what you appreciate exactly
- Recognize different strengths: patience, creativity, dependability, empathy.
- Avoid comparing; celebrate uniqueness.

Appreciation is the language of belonging.

Quick Tip: Everyday Gratitude

- Keep a small notepad for "thank-you moments".
- Send one short appreciation message a week.
- When giving feedback, start with what's going right.
- Thank yourself too. Self compassion builds resilience.

Resources

- Workplace Strategies for Mental Health: Positive Communication & Appreciation Tools
- CCDI: Fostering Belonging and Recognition
- Canadian HR Reporter: Gratitude and Psychological Safety in Teams

