

## Working Remotely: Tip of the Week November 16, 2020

### **Focus on Gratitude**

As tree leaves and temperatures drop, fall holidays and Winter Break are coming soon. In a normal year (pre-COVID-19), we may look forward to traditional rituals, social gatherings, and festivities. This year is different. With all that is happening, it can be easy to fall into a bad mood. When you begin your workday, don't try to "put on a happy face." Faking a mood does not benefit you (you still feel annoyed). Co-workers or customers are likely to see through inauthenticity.

Instead, try to genuinely change your mood so you can authentically express positive emotions. Take a moment to reflect upon what was good about your day and what you like about your work. Use a gratitude perspective. Try verbalizing what you appreciate: "I'm lucky to have my job," "My work team continues to adapt and innovate," or "I feel more connected to my life's purpose." Identify moments of joy in your relationships: "I will never regret having this time with my children," "Check-ins with my colleagues remind me how well we work together," "My family or neighbors and I are taking care of each other." Naming moments of gratitude will help you generate a genuine smile. Use these moments to fill your "gratitude bucket." That gratitude is what holiday seasons are truly about: joy and connection in our lives.

Going further...

If you are interested to chat or have questions about today's tip, join in an informal gathering with other MC colleagues. Register in MC Learns, choose the personal development learning category, and click on "Zoom Room" to obtain the Zoom link for Thursday, 2:30-3:30 p.m., to continue learning about the Tip of the Week topic.

For more Tips on working remotely, please visit <https://bit.ly/mc-remote-working-e> and watch for the next tip on Monday, December 7.

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