



# TIPS for Managing Stressful Times related to COVID 19: *Healthcare Workers*

## Topic 4: **Gratitude: A Method for Managing Stress in these Difficult Times**

Research shows that it isn't happy people who are grateful, it's grateful people who are happier. Take advantage of this time of uncertainty to reflect on what you're grateful for in your life. This could be a really good time to start a formal gratitude practice for yourself and engage family, friends, and coworkers. To really reap the benefits of gratitude, you should have a formal practice, not just "an attitude of gratitude."

A formal practice can be simple to establish and adhere to. Start by having everyone go around the huddle and say out loud what they are grateful for in that moment. Another approach would be to pick a few coworkers you can start a group text with and each day share three moments of your day you are grateful for.

If you are a member of a unit council, a charge nurse, or a leader among your peers use a gratitude practice as a way to lift up and unite your coworkers. It isn't always easy to point out what's going well, so start by thanking a coworker who helped you get through a difficult shift. You'll find that positivity and gratitude spread, even in difficult times like these.

[Click to listen to gratitude expert Brene Brown explain more.](#)  
[Click to learn more about gratitude.](#)



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