



# SAFETY CORNER



## SAFETY DISCUSSION

### Gratitude



This past week started for what most consider the season of celebrating. There's a good reason for this, and we are hopeful that all are able to spend time with their friends and family and well, celebrate.

What about the other 11 months of the year? What do we celebrate then? We suggest celebrating small successes. There's no need to wait for a nationally or globally recognized holiday to be thankful or show appreciation or give someone an "attaboy". The things you accomplish every day, every week, every month deserve to be celebrated. Completing a critical lift as planned; the apprentice knocking their first JSA out of the park; a week with no vehicle incidents; finishing a job with no injuries; the list could go on.

Are there things that you and your crews are doing day-in and day-out that over time have started to be taken for granted? Do we take the time to recognize the deserving? You might ask why or to what end. Recognition has a profound effect on the workplace, typically improving attitudes generating more teamwork, more productivity, and more communication between teams. **In fact, a simple "thank you" can help give a performance boost more than you think.**

Regularly practiced gratitude can increase dopamine in the brain and keep you healthier and happier. The hypothalamus part of the brain has a major influence on your metabolism and stress levels. Recognition and gratitude have been proven to generate higher levels of activity in the hypothalamus, which improves sleep regulation, decreases aches and pains, and increases energy in the body. Rewards and recognition are good for us. It improves the longevity of our careers, health, and well-being, and drives employees to feel more dedication to their jobs. It transforms our brains on a molecular level, and it's the best-kept secret to attracting and retaining quality employees.

So, let's start celebrating the small successes. Remember that gratitude improves attitude and can provide that natural boost that we probably could all use now and then. The reason we work is so we can spend time with our family and friends so why not take advantage of a tool at our disposal that is free to use and the benefits are priceless.





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