



Appreciation Challenge

Backed by decades of scientific research, join your teammates in building a culture of appreciation in *just 5-10 minutes a day.*

Why appreciation is good for you and your work

Appreciation is the skill of noticing the positive in ourselves and others. But more than that, appreciation spreads easily. When we appreciate and feel kindness towards others, they feel it and it gets passed on.

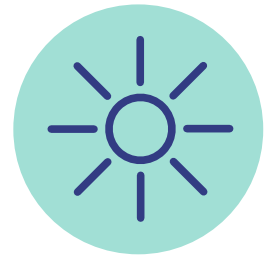
Practicing appreciation at work improves employee-leader relationships, helps team members feel valued, improves morale and can lead to benefits such as ►



Higher levels of perceived social support*

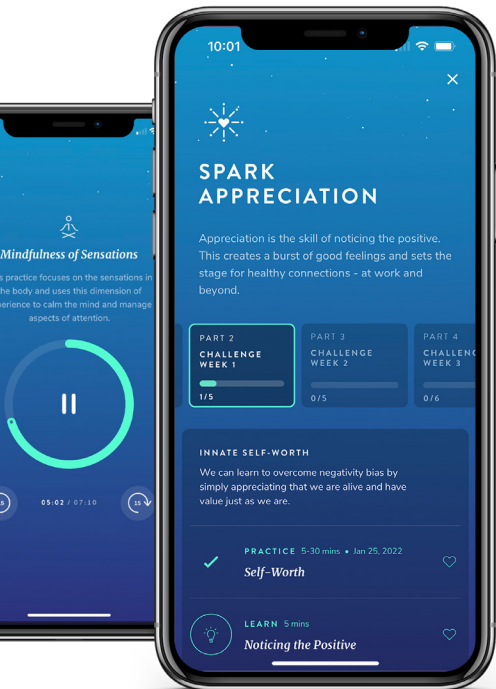


Reduced stress*



Reduced depression*

*Goldberg, S. B., Imhoff-Smith, T., Bolt, D. M., Wilson Mendenhall, C. D., Dahl, C. J., Davidson, R. J., & Rosenkranz, M. A. (2020). Testing the Efficacy of a Multicomponent, Self-Guided, Smartphone-Based Meditation App: Three-Armed Randomized Controlled Trial. *JMIR Mental Health*, 7(11), 23825. doi:10.2196/23825



How the challenge works

Spark Appreciation is a 3-week well-being challenge that guides you in building the skill of appreciation. The challenge will help you learn to see the positive in yourself and others while finding meaningful ways to bring the skill of appreciation into the workplace.

- 3-weeks of guided lessons and practices in the Healthy Minds Program app
- Assessments to track your progress
- Weekly encouragement emails with tips to bring appreciation alive at work

Begins February 2, 2023

