Acknowledging people in a fair and timely way can go a long way in boosting morale and confidence.

When people go out of their way to give examples of how your efforts made a difference, you feel valued.

Appreciation can come in the form of:

- Positive verbal/written feedback
- Special recognition within the organization
- Public recognition
- Awards (certificate, plaque, gift)
- Team get-togethers

What can I do as an employee?

- Start a peer recognition or gratitude board
- Send a personal thank-you card or email
- Give them a “shout-out” at the next team meeting

*It is important to feel appreciated for your work and efforts*
What can I do as a manager?

- Develop a criteria to help employees understand how they can be recognized
- Ask the employee how they would like to be recognized
- Recognize the process as well as the results
- Encourage peer-to-peer recognition

Wellness Resources

Employee (and Family) Assistance Program
1-844-880-9142
https://www.lifeworks.com

Western Rehabilitation Services
Support Services Building RM 4159

Crisis Line (Reach Out)
Web Chat: http://reachout247.ca (519) 433-2023 or 1-866-933-2023

Canadian Mental Health Association
https://www.cmha.ca

For more information, visit:
www.uwo.ca/hr/safety/wellness/healthy_minds/index.html