

Gratitude

November 13 is World Kindness Day. This month let's focus on the positive with tips and resources for being kind to ourselves and showing appreciation for the good in life and others.

In this month's engagement toolkit, you'll find:

Featured article on why self-check-ins, self-care and processing your emotions are crucial to mental wellbeing.

Featured article on the many benefits of being kind to yourself and others.

Featured article for World Kindness Day.

Quick hit tips on the benefits of practicing gratitude and how to get started.

Interactive 30-day gratitude challenge for being kind to yourself.

Fun activity for brightening someone's day.

Link for members to easily access their benefits portal.

Member training course "Creating kindness in the workplace."

Manager training resources, including "Gratitude at work: Leaders enhancing motivation & effectiveness while supporting workplace mental health through gratitude."

[View toolkit](#)

What to expect each month:



Latest topics – Connect with up-to-date content that focuses on a new topic every month.



More resources – Get access to additional resources and self-help tools.



Content Library – Ongoing access to your favorite content.



Support for everyone – Share toolkits with those you think might find the information meaningful.