

Tactics for maintaining Mental Fitness during the COVID-19 Pandemic: Gratitude

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Agenda

1

Charging our Battery

2

Micro-skill of the Day: Gratitude

3

Actions for today

1

Charging our Battery

2

Micro-skill of the Day: Gratitude

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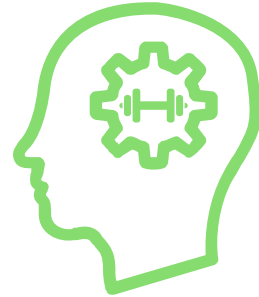
Actions for today



Recall, we are like batteries and each day we may start at a different level of charge



Bill's Mental Fitness Plan



Mental Fitness

Physical Health

Social Connection

Daily

- 1 to 2 gratitude moments
- Journal emotions
- Meditate

- 20-min activity per day
- Focus on regular meals
- 7 to 8 hours of sleep

- Interact with friends/family daily
- Focus on partner relationships
- Focus on study to help others

When needed

- Review my spyware module
- Review my EQ module
- Stress first aid

1

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What is gratitude?

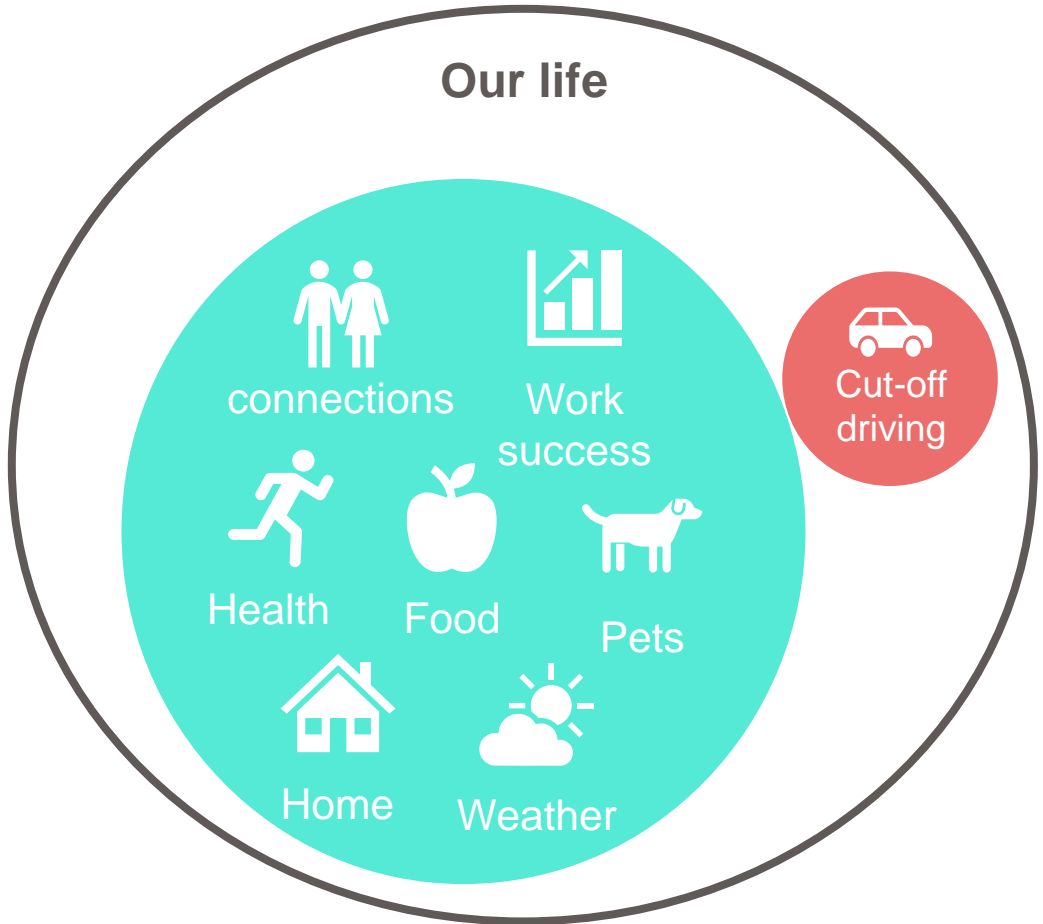
- Gratitude is a thankful appreciation for what an individual receives, whether tangible or intangible.
- Acknowledge the goodness in their lives, and it is usually a source from outside themselves.



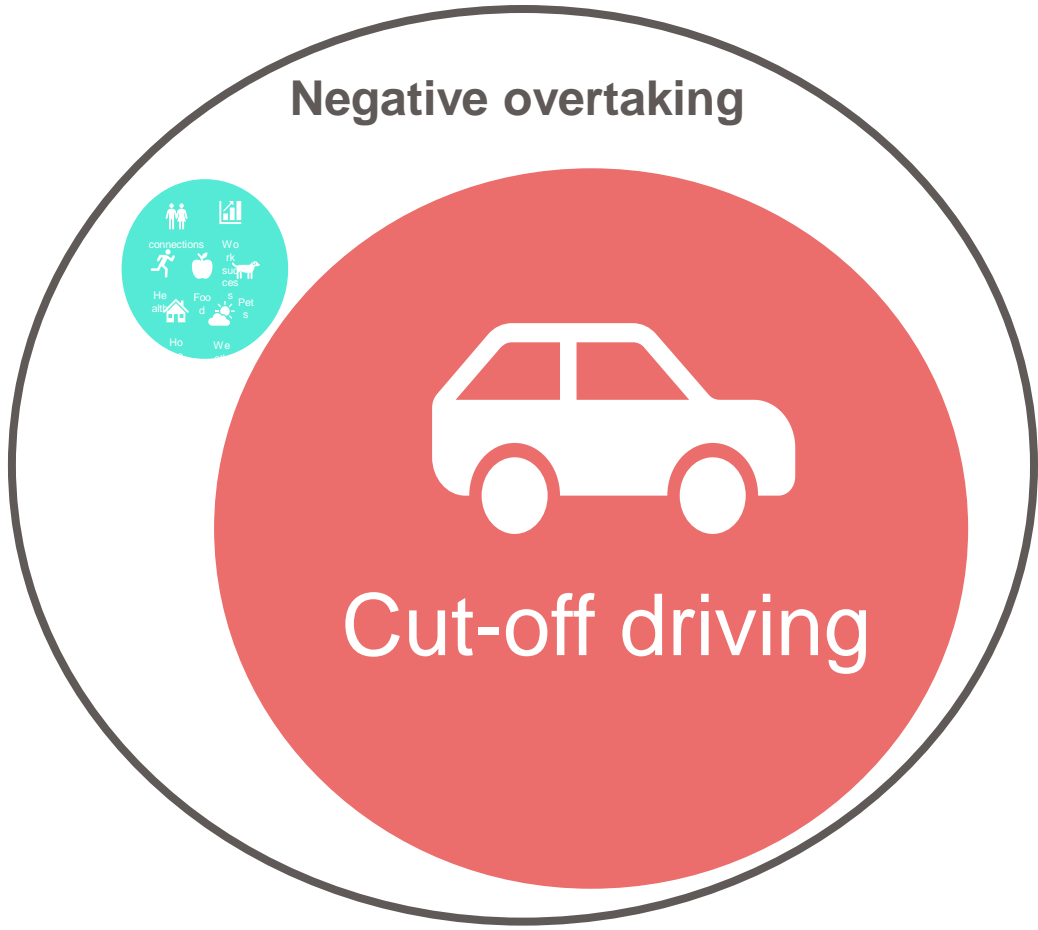
What we have learnt from research

- One study divided participants into three groups and asked them to write a few sentences each week
 - One group focused on what they were grateful for
 - One group focused on what displeased them
 - One group wrote about events that affected them (no emphasis on positive or negative)
- After 10 weeks the positive group had:
 - more optimism
 - felt better about their life
 - Exercised more

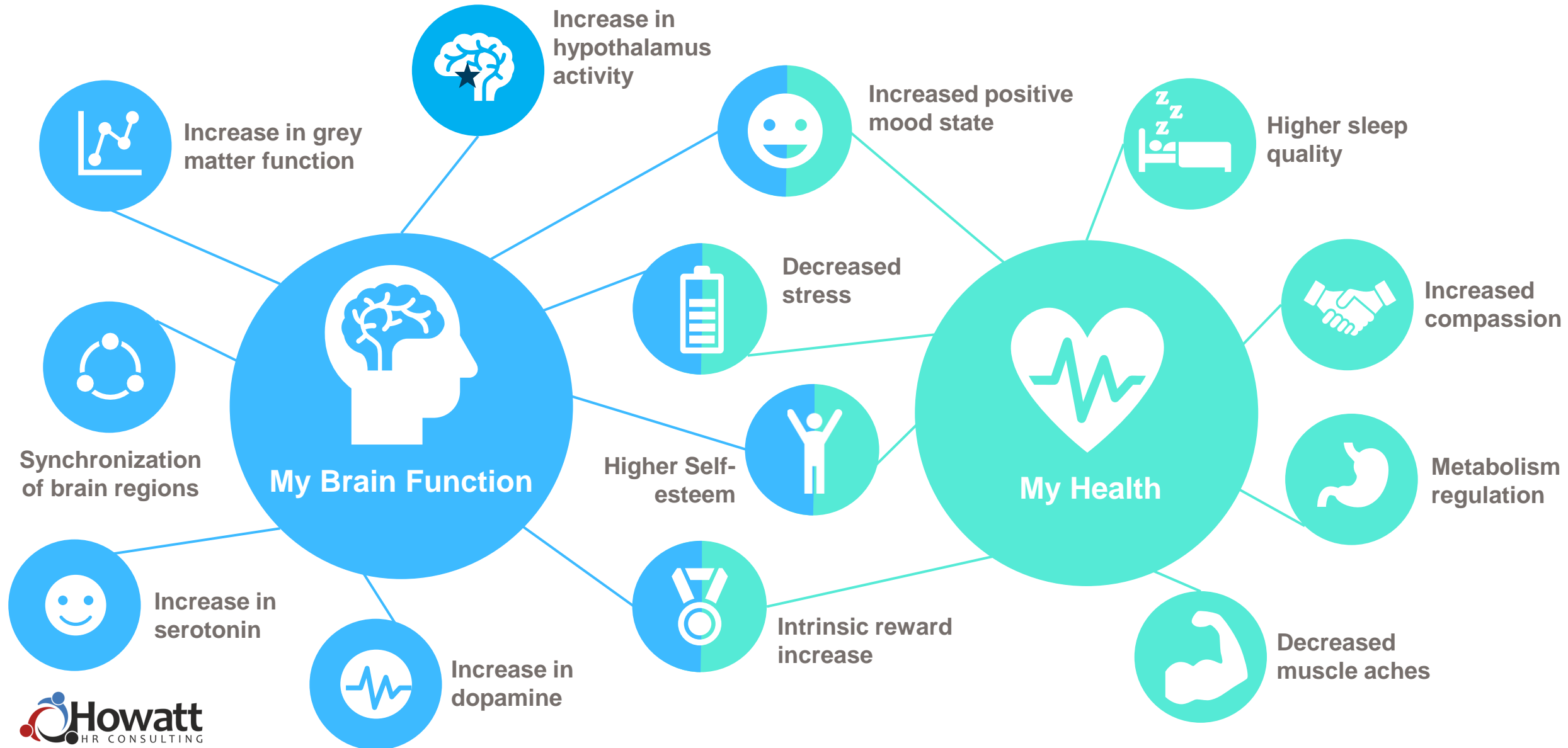
Be aware of the 98-2 theory



Vs.



How can gratitude impact me?



1

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Actions for today



Incorporate gratitude into your day...



**Gratitude
Journal**



**Gratitude
Object**



**Thank someone
mentally**



**Count your
blessings**

Incorporate gratitude into another's day...



**Write a thank
you note**



**Acknowledge
others**

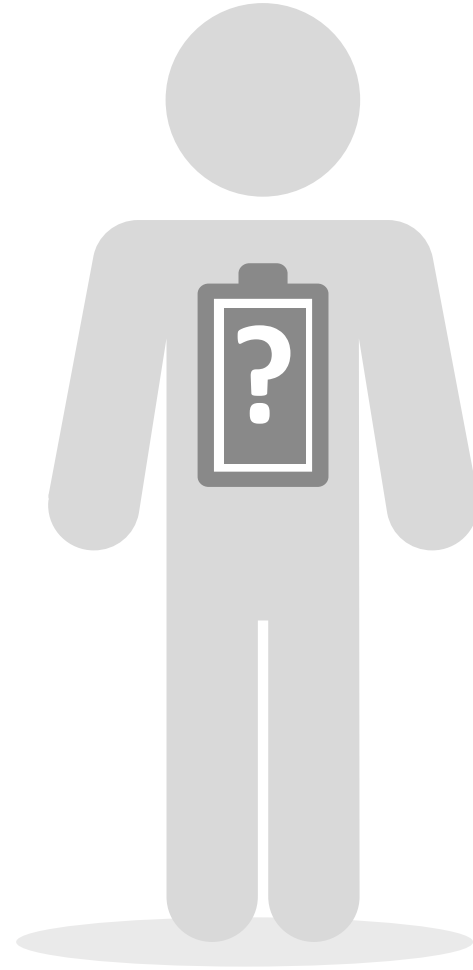


**Live with
Humility**

Reflection for today - Think about the following:

What is one way that the workplace is charging your battery?

What is one way your work is draining your battery?



What is one way you are charging your battery?

What is one thing outside work that is draining your battery?

Call to Action: Complete your Mental Fitness Index

- Visit: www.maintaingmentalfitness.com
- You will find access to the Mental Fitness Index
- Complete the online assessment and get your own personal report, and free resources
- The information collected is entirely anonymous and confidential
- It will be used to help organizations across Canada understand the relationship between mental fitness, psychological safety culture and the COVID-19 pandemic



Next Weeks Webinar

- When: Tuesday April 7, 2020
- What time: 12 pm est
- How to find it: www.maintainingmentalfitness.com
- Micro-skill: Creating social connection





Question Period

www.maintainingmentalfitness.com

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