The Habit of Gratitude: Being Positively Contagious

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thank you
“What we see depends mainly on what we look for….”
Sir John Lubbock

“We see things not as they are, but as we are.”
Unknown
What would it take …?
“I’m not saying we should be grateful for everything. I’m saying we can be grateful in every given moment for the opportunity of that moment.”

Brother David Steindl-Rast
I am grateful for...........
Gratitude Is A Gift You Give To Yourself

• Decreased depressive symptoms and increased feelings of well-being $^{5,1}$
• Improved psychological well-being $^{6}$
• Improved working memory $^{2}$
• Improved sleep $^{3}$
• Improved immune system function $^{4}$
• Improved relationships $^{5}$
• Improved coping $^{6}$

Personal Gratitude

• 3 Good Things
• COVID Blessing
• Pause Button
• Stoic Practices
  o Last time meditation
  o Negative visualization
  o Life of your dreams meditation
What would it take …?

WE ❤️ OUR Work!
You can’t give what you don’t have ....
Gratitude Is A Gift You Give To Your Organization

• Increased positive relationships
• Increased social support
• Increased psychological safety
• Increased prosocial behavior
• Enhanced individual well-being
• Increased citizenship
• Decreased negativity


Organizational Gratitude

- Culture by Design
- Appreciative Check-in
- Intentional Appreciation ("Losada Ratio")
- Appreciative Rounding
- Languages of Appreciation
- "Rewards and Recognition"
Intention ≠ Impact
“The importance of simple and genuine expressions of gratitude for the commitment of healthcare professionals and their willingness to put themselves in harm’s way for patients and colleagues cannot be overstated .... This process starts with leadership.

Yet, gratitude from leaders rings hollow if not coupled with efforts to hear, protect, prepare, support and care for healthcare professionals in this challenging time.”

Shanafelt, Ripp, Trockel: JAMA 2020
Interpersonal Gratitude
Outside of Work

5 Love Languages

Habit of Personalized Appreciation
(“Thank you for ...”)
Text Today

New Message

To: Someone I Appreciate.

Thank You For ...
thank you
Resources from the AMA

- Steps Forward™ Module – Peer Support Programs for Physicians
- Steps Forward™ Module – Physician Well-Being
- News Story – [6 ways a health system attacks stress during COVID-19](#). This was also turned into a [COVID-19 Update video](#) on the AMA YouTube Channel
- News Story – [When a colleague struggles with burnout](#)

Additional Resources

- Languages of Appreciation in the Workplace: [Link](#)
- The Five Love Languages: [Link](#)
The following additional AMA resources are available to support your physicians and staff during COVID-19:

- Caring for Caregivers during COVID-19
- AMA COVID-19 Resource Page for Physicians
- JAMA COVID-19 Collection

www.ama-assn.org
Upcoming 2021 Programming

January 14  Telehealth policy and coverage: What you need to know for 2021
January 20  Peer Support
January 26  Building well-being into culture
January 27  The scholars of wellness: A faculty development program to create wellness champions
For questions, please email: Action.Labs@ama-assn.org
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