



LUEMO
WORKPLACE WELLBEING

The power of Celebration!

Let's not leave celebrations for a particular time of year or just weekends and holidays. Why? Celebration is a serious business (!) and integral to connection, gratitude, trust and belonging. In the workplace these factors have a huge impact on culture, retention, productivity, and innovation.

Celebration is an active display of gratitude, happiness, appreciation, and love.

Celebration unites us in a positive way and shines a light on the good things we have. It feels good to celebrate!

Celebration is akin to performing acts of gratitude. When we celebrate, we are saying "I am grateful for you"; "I am grateful this happened"; "I'm grateful for where we are now".

Gratitude is good for our minds, our bodies and our relationships**. When we experience gratitude, it melts feelings of inadequacy or disappointment and replaces it with feelings of abundance. This bolsters confidence and positivity, and enables motivation and productivity to thrive.

How can you utilize the power of celebration in your workplace? Try these things:

✔ **Introduce daily habits of celebration**
Words of congratulations, saying 'thank you' or a high five for small wins.

✔ **Try weekly acknowledgment**
Have the team reflect on the good things that happened during the week and things to look forward to next week.

✔ **Note personal milestones**

Acknowledge work anniversaries, new starters, birthdays, graduations, and arrival of children.

✔ **Draw the wider organisation together**

Talk through and celebrate business and project milestones, new customer wins and product launches.

✔ **Keep up regular employee recognition**

Invest in a recognition program that aligns with your organisational values and acknowledges outstanding displays of employee performance in line with your values.

✔ **Say 'cheers' to new beginning**

Consider celebrating being back in the office together, new routines or the launch of new ways of working virtually.

With all that has happened and continues to happen in this world, drawing your team together through celebration is wonderful way to keep up connection, motivation, and momentum.

➡ **** [Luemo members can read more about the science of gratitude here](#)**



Feeling down?

World events, wild weather and that pesky pandemic are having some negative effects on even the happiest of souls. Why don't you plan a holiday? Not only will getting away make you feel better but planning and anticipating the getaway will also give you a happiness boost.

Also remember, surprises are great but if you are going to visit someone you haven't seen for a very long time, it might be nice to let them know in advance so they too can enjoy the excitement and positive anticipation.

Fun fact

The nose can recognise more than 50,000 different scents and is a powerful memory trigger. Our noses alert is to danger, help us find food and can remind us of joyful times. Tuning into our sense of smell can support the practice of mindfulness, and help to slow and center our minds. Take a moment to notice scents around you or try spritzing and appreciating a chakra balancing mist for a calming break in your day. It works!



Did you know..

International Women's Day is Tuesday 8 March and the whole month will highlight the achievements of women and the struggles faced by women. This year the theme is **#breakthebias** with the aim to create "a world free of bias,

stereotypes, and discrimination".

It's not too late to get involved and share some information in your organisation to shine a light on the issues and take some action

See internationalwomensday.com