



WELLNESS TIPS

COMPLIMENT A COLLEAGUE



15 POSITIVE COMPLIMENTS FOR CO-WORKERS

Set a day in your calendar each week to think about the positive things your colleagues have done and send a compliment to them by email, voice mail or walk over to them to do this personally. Receiving recognition for the work we do or just how we've helped others can lift our spirits and reduce our stress levels. When we give compliments we also experience a boost to our own well-being, which can have a positive effect on our mental health.

1. Having you on the team makes a huge difference.
2. You always find a way to get it done — and done well!
3. It's really admirable how you always see projects through from conception to completion.
4. Thank you for always speaking up in team meetings and providing a unique perspective.
5. Your efforts at strengthening our culture are not unnoticed.
6. Fantastic work!
7. Even when the going gets tough, you continue to have the best attitude!
8. It's amazing how you always help new employees get up to speed.
9. Wow! Just when I thought your work couldn't get any better!
10. I couldn't imagine working without you!
11. Your work ethic speaks for itself.
12. There's no other way to say it: we'd be lost without you.
13. Thanks for always being willing to lend a hand.
14. The pride you take in your work is truly inspiring.
15. You're so great to work with.