

five ways to show your appreciation to yourself & others

P A (U) S E

- FOR FIVE -

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part of our **Pause for five** series

With acknowledgement to Gary Chapman & his brilliant book The Five Love Languages, here are 5 ways to demonstrably show your appreciation to those you work with &, of equal importance, appreciation to yourself.

A woman with long, wavy brown hair is shown in profile on the right side of the frame, looking towards the left. She is wearing a light-colored, striped shirt. In the background, two other people are visible but out of focus: a man with dark hair and a beard, and a woman with blonde hair. The setting appears to be a bright, modern office or meeting room with large windows in the background. The overall lighting is soft and natural, with a slight blue tint on the right side of the image.

It may feel uncomfortable to begin with... but spend some time observing others and how they respond to different approaches. One insight is to observe how they reach out to you.

People often communicate in the way they would like to be communicated with.

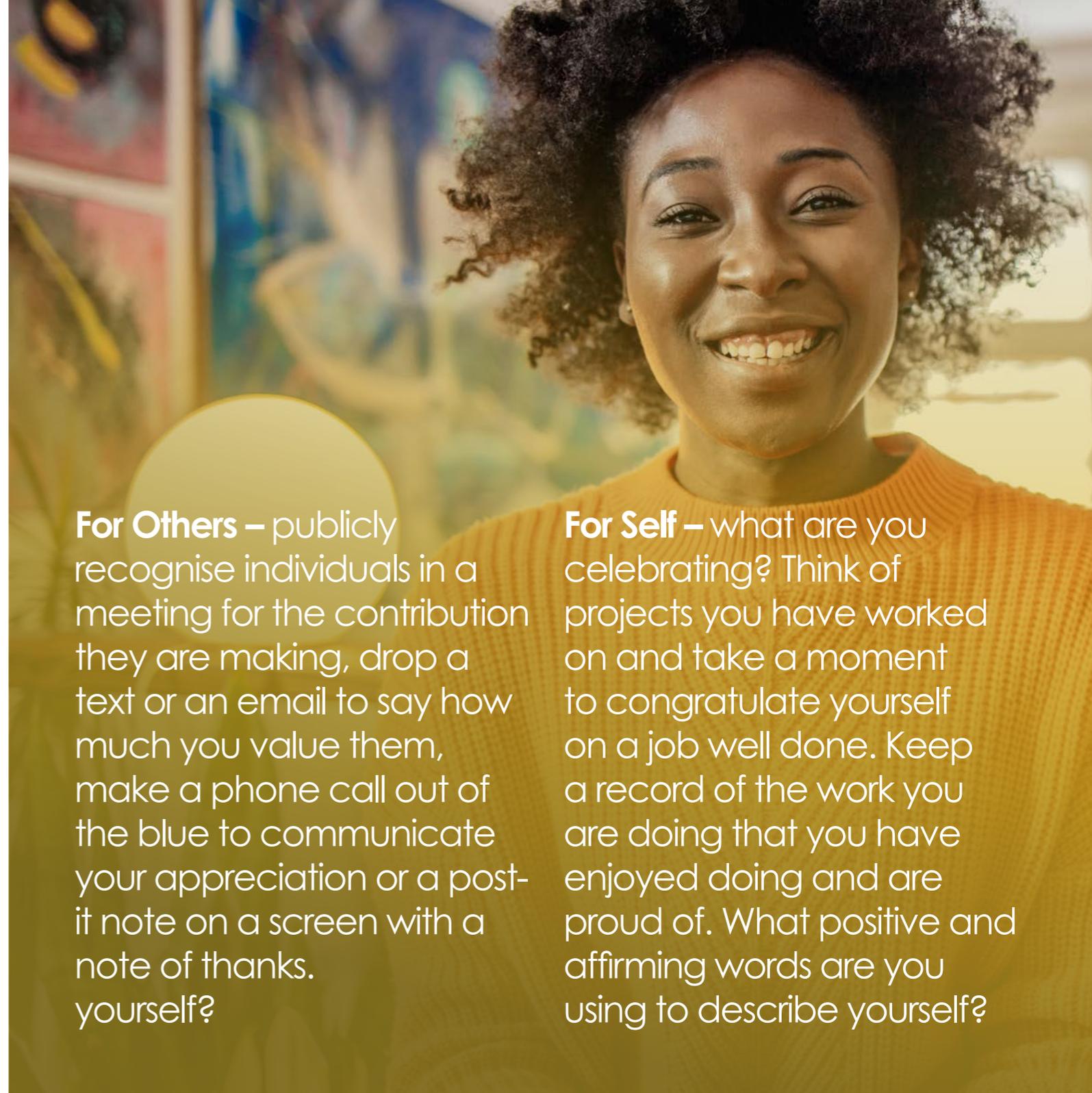
1: Words of Affirmation

Find ways to provide positive feedback and acknowledgment both verbal and written.



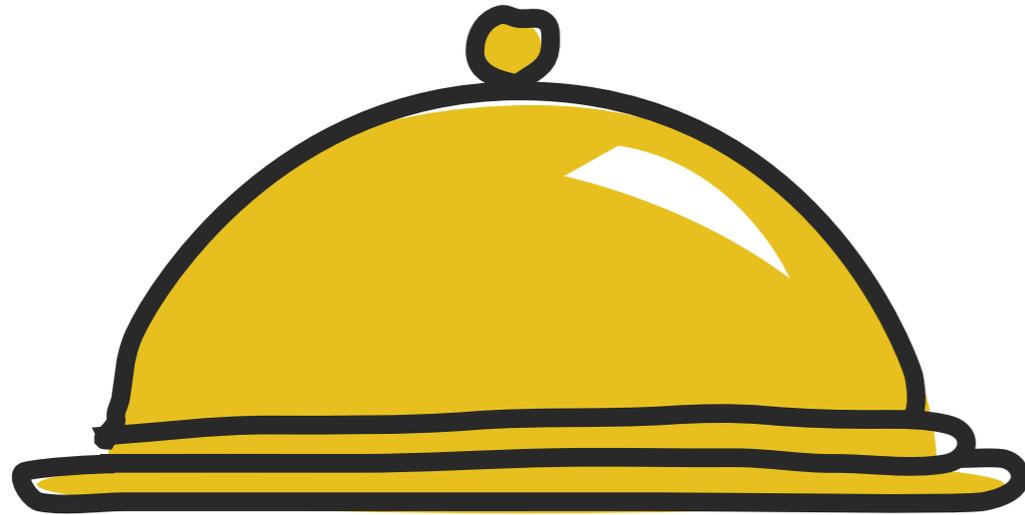
For Others – publicly recognise individuals in a meeting for the contribution they are making, drop a text or an email to say how much you value them, make a phone call out of the blue to communicate your appreciation or a post-it note on a screen with a note of thanks.
yourself?

For Self – what are you celebrating? Think of projects you have worked on and take a moment to congratulate yourself on a job well done. Keep a record of the work you are doing that you have enjoyed doing and are proud of. What positive and affirming words are you using to describe yourself?



2: Acts of Service

Make small gestures to show your colleagues how much they are valued and appreciated.



For Others – Make them an unexpected brew, offer to help out with difficult projects, send a “just checking in” email or share a useful resource

For Self – Send yourself a motivational letter (second class so it comes as a surprise). ASK for help with a project or task.



3: Giving Gifts

These don't need to be of monetary value! Think of small yet meaningful and personal gifts.



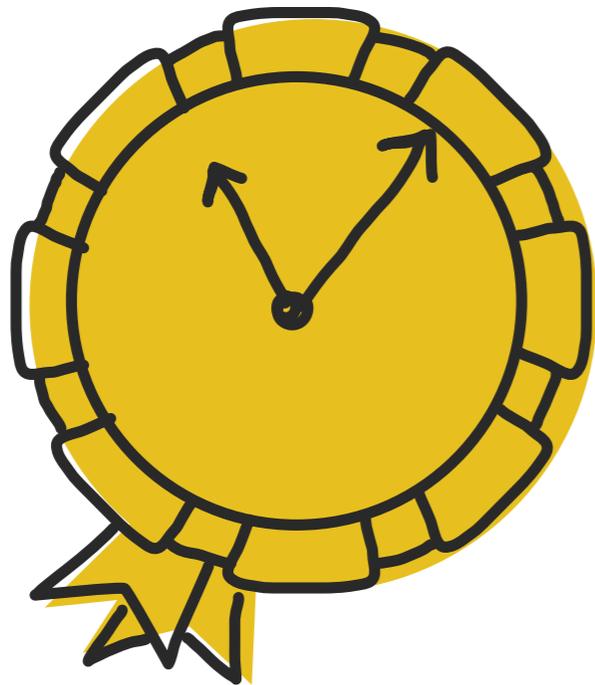
For others – A postcard with a personalised message, a note reminiscing a time spent together eg working on a project together; Allow your colleague to finish early, A gift on a work anniversary or upon gaining a new, important client. Offer mentorship or advice to a newer employee

For self – A new piece of stationery, A coffee from the café, exploring a new opportunity, a new route to work, give five minutes of time to read or listen to music, investment in own development



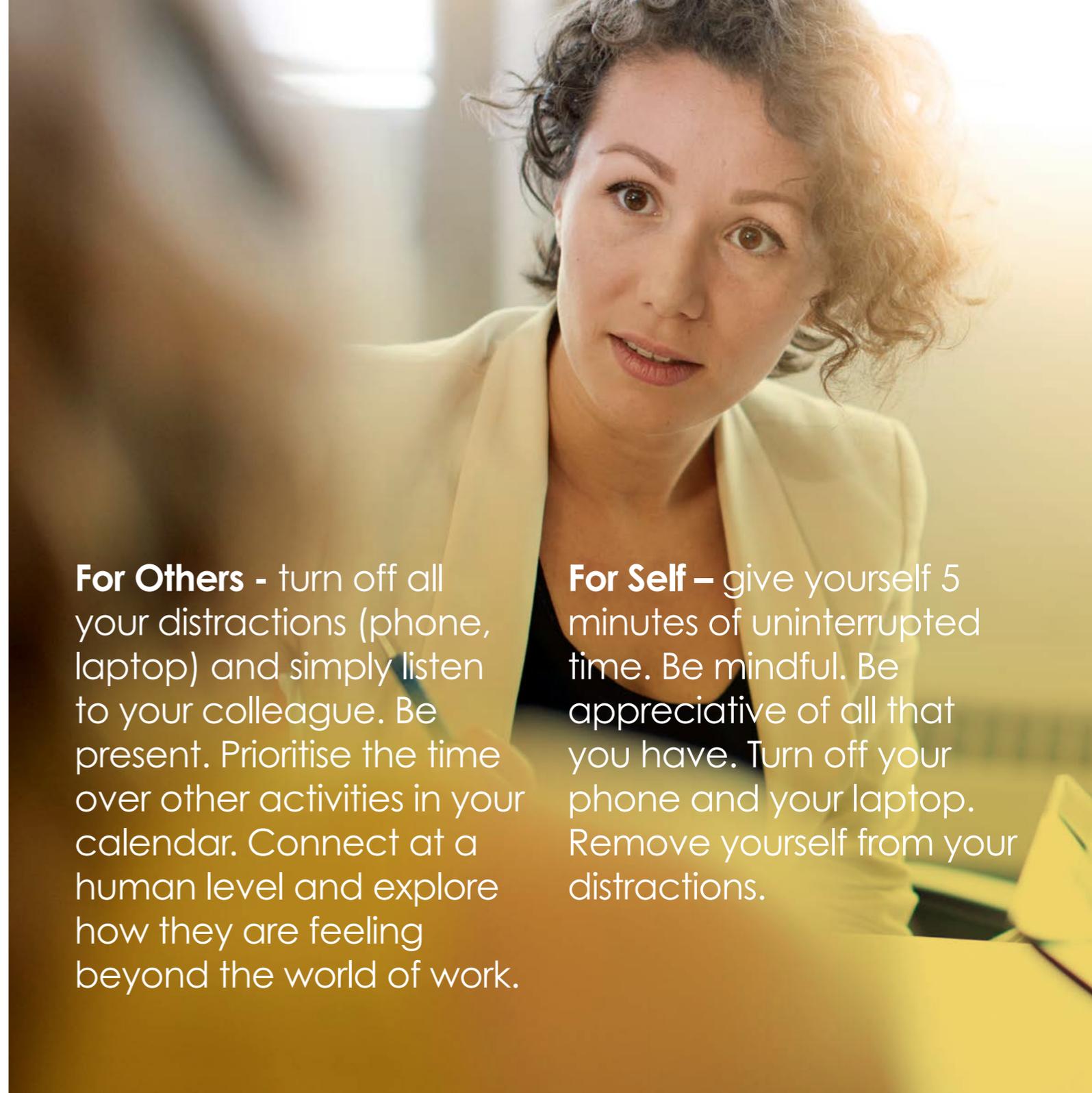
4: Quality Time

In an environment where we are constantly being bombarded with tech and stimulus, to give 100% focused and dedicated time is an extremely powerful way to show our appreciation.



For Others - turn off all your distractions (phone, laptop) and simply listen to your colleague. Be present. Prioritise the time over other activities in your calendar. Connect at a human level and explore how they are feeling beyond the world of work.

For Self – give yourself 5 minutes of uninterrupted time. Be mindful. Be appreciative of all that you have. Turn off your phone and your laptop. Remove yourself from your distractions.



5. Physical Touch

Whilst personal boundaries are important to respect, many people feel very appreciated through physical touch.



For Others – A high five, a fist bump, a pat on the back. A warm and reassuring handshake

For self – if you're able, wrap your arms around yourself, smile at yourself in the mirror, practice yoga or enjoy a more physical sport, treat yourself to a massage or beauty treatment.



The more personal and individualised you make your expression of appreciation the more valuable it will be to the person receiving your gift.

Be specific and explain why you are appreciating them. Communicating appreciation is powerful and motivating when it is expressed through positive, encouraging words – especially when they are individualised and specific to the recipient.

Take Action

Understanding the different Languages of Appreciation and your preferences and insight into the preferences of others

- 1. What can you do today to appreciate you?**
- 2. What can you do today to appreciate someone close to you, who will really value your thoughtfulness?**

To explore more appreciation
resources visit

icecreates.com/pause-for-five

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appreciation

We'd love to hear how 'Pause for five'
has made a difference in your
workplace or community.

You can share your story or find out more
about partnering with ICE by emailing:
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