

# five ways to show your appreciation to yourself & others

P A (U) S E

- FOR FIVE -

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# five ways to show your appreciation to yourself & others

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.

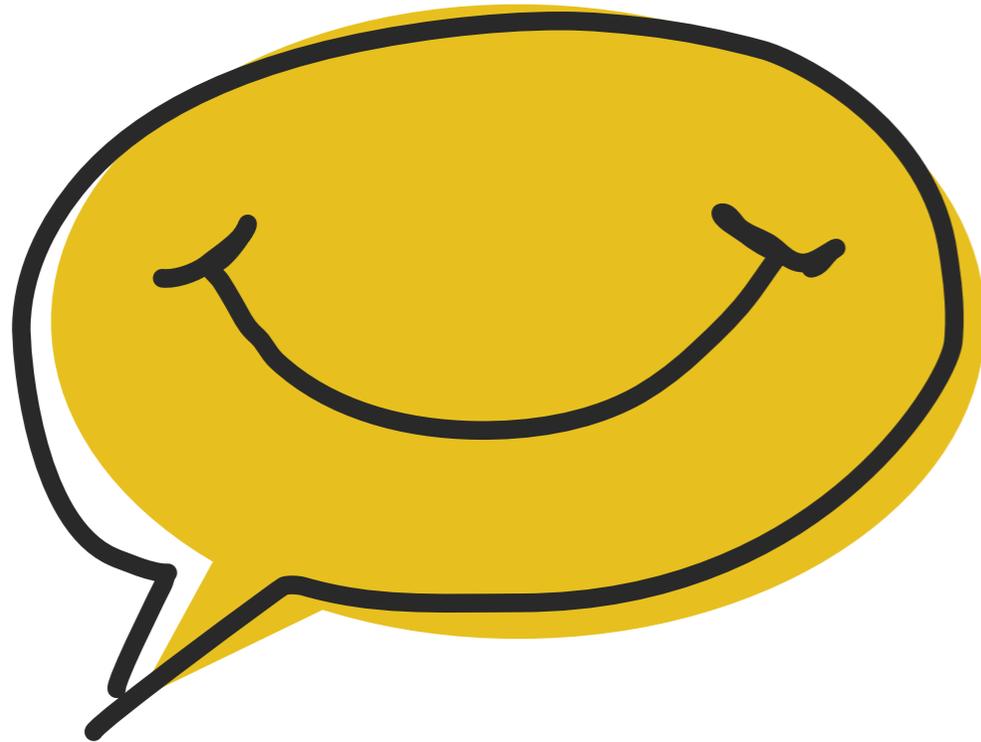


**It may feel uncomfortable to begin with... but spend some time observing others and how they respond to different approaches. One insight is to observe how they reach out to you.**

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

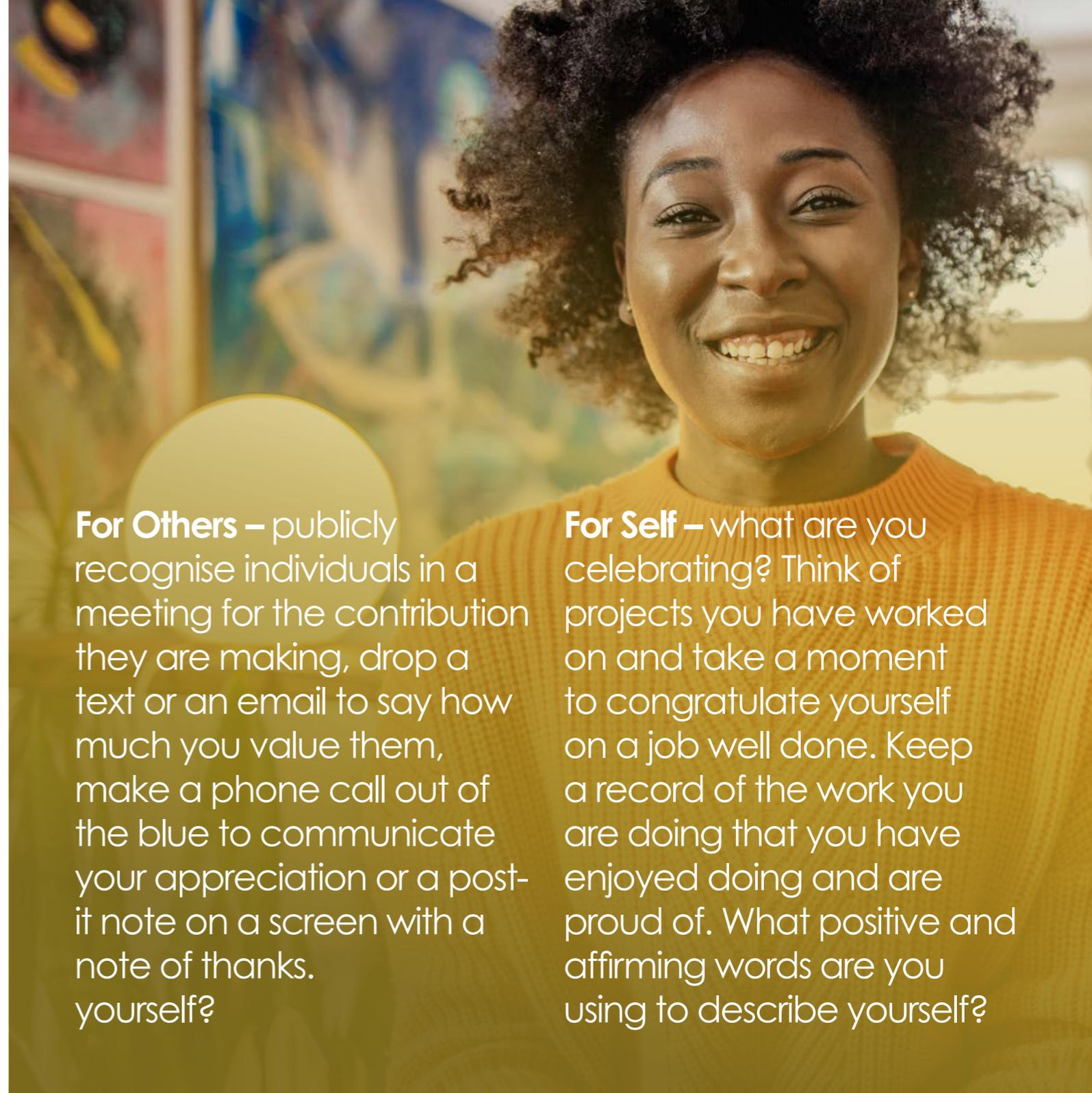
# 1: Words of Affirmation

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



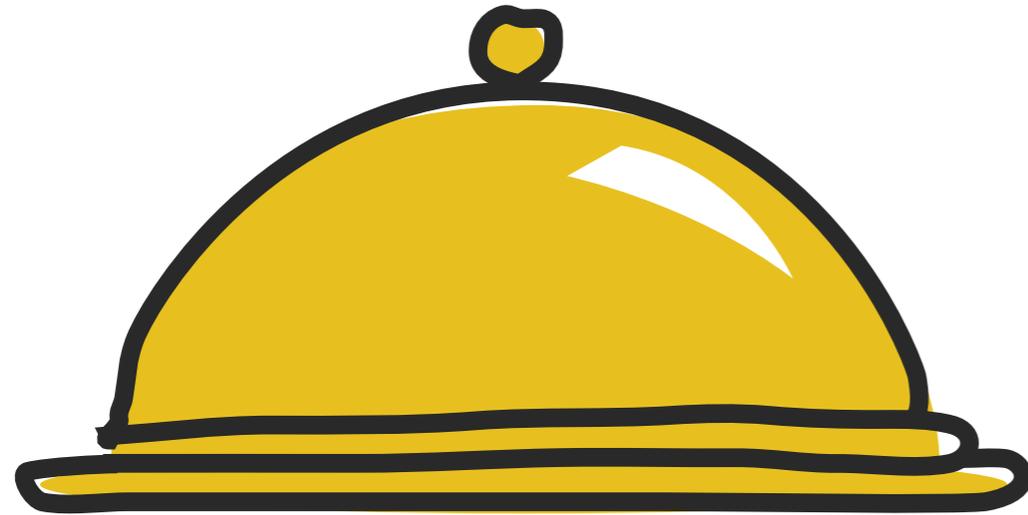
**For Others** – publicly recognise individuals in a meeting for the contribution they are making, drop a text or an email to say how much you value them, make a phone call out of the blue to communicate your appreciation or a post-it note on a screen with a note of thanks.  
yourself?

**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.**



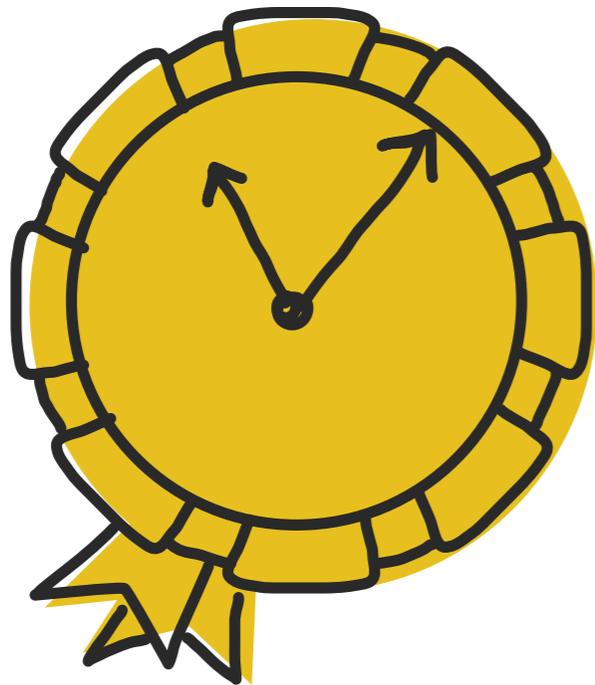
**For others** – A postcard with a personalised message, a note reminiscing a time spent together eg working on a project together; Allow your colleague to finish early, A gift on a work anniversary or upon gaining a new, important client. Offer mentorship or advice to a newer employee

**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



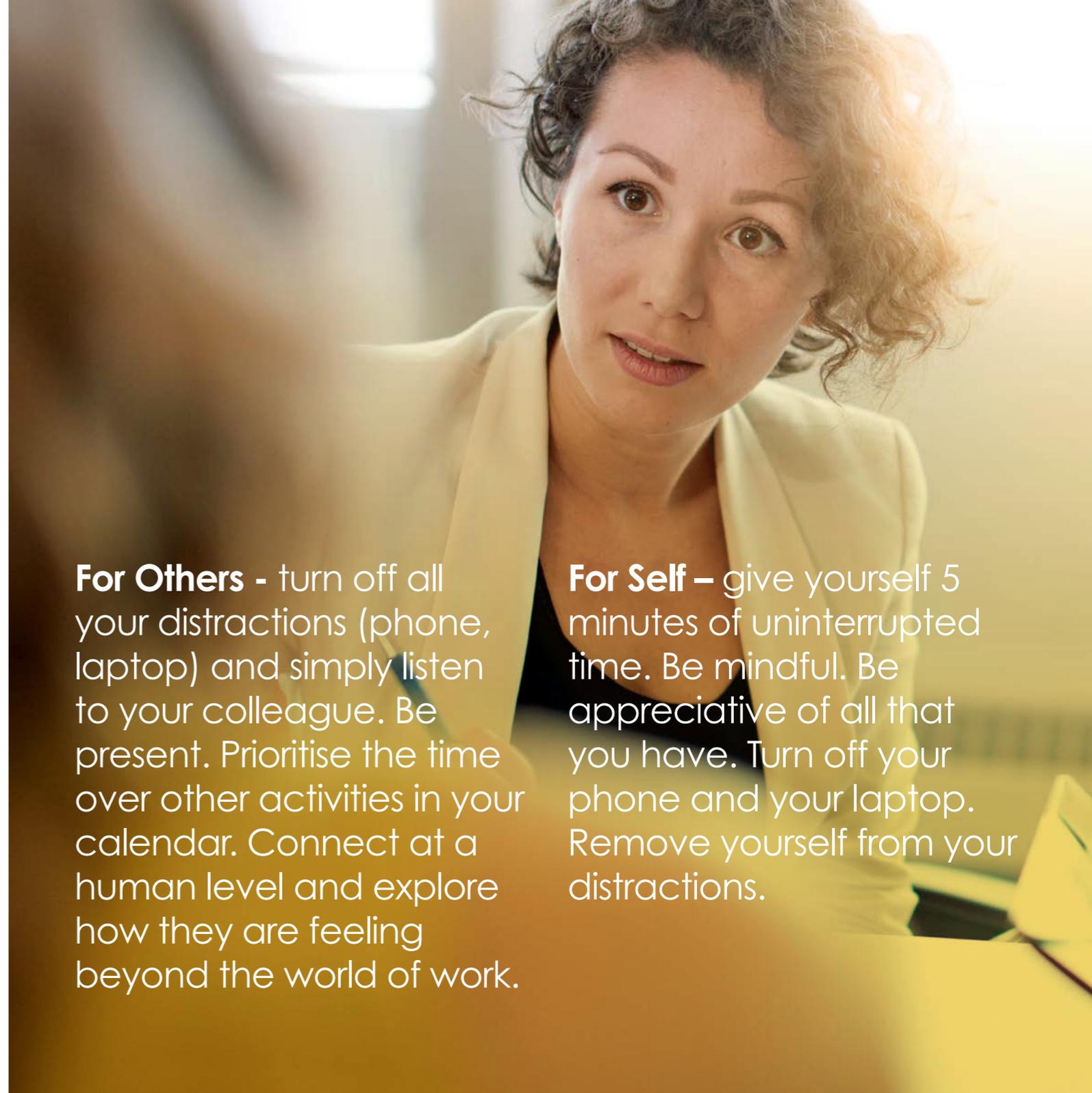
# 4: Quality Time

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](https://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:  
[ideas@icecreates.com](mailto:ideas@icecreates.com)

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