

HR WELLNESS GRATITUDE CAMPAIGNS

BACKGROUND

The benefits of thankfulness include less stress, increased joy, better health and stronger relationships. The SFMTA Wellness Program presents year-end Gratitude Campaigns, with the intent of making thankfulness be front and center during the holidays, raising the feeling of collective goodwill across the agency and helping staff get in a true holiday spirit.

5 REASONS TO TAKE THE 21-DAY SFMTA GRATITUDE CHALLENGE

- 1 Good for Your Body**
Grateful people make healthier choices
- 2 Good for Your Mind**
Gratitude boosts resilience to stress
- 3 Closer Bonds**
People like you more when you say "Thanks!"
- 4 A Happier Workplace**
Gratitude improves trust and morale
- 5 Ripple Goodwill**
You'll spread inspiration and joy by sharing your Thnx

Register now at www.Thnx4.org
The Gratitude Challenge begins Nov. 3
Questions? Email: wellness@sfmta.com

2016: Gratitude Campaign Postcard

SFMTA GRATITUDE CHALLENGE

4 REASONS TO TAKE THE 21-DAY SFMTA GRATITUDE CHALLENGE

- 1 Good for Your Body**
Grateful people make healthier choices
- 2 Good for Your Mind**
Gratitude boosts optimism and resilience to stress
- 3 Closer Bonds**
Saying "Thank you" boosts trust and mutual affection
- 4 Higher Happiness**
Gratefulness spreads joy at work and in life

Register now at www.Thnx4.org
The Gratitude Challenge begins Nov. 6, 2017
Participate and be eligible for prize drawings!

2017: Gratitude Campaign Flyers

CAMPAIGN STRATEGIES

- **Multi-media promotion** (newsletter, emails, blog posts, flyers, posters, digital signage)
- **Online Gratitude Journals** (explore digital app partnerships)
- **Gratitude Wall** (In-person or Online/Virtual)
- **Gratitude Prize Question** (prize giveaways as participation incentives)



December 2022 Gratitude Campaign

- Most successful Employee Wellness participation campaign ever.
- 162 Employee participants, from across the agency! Responses posted on online Virtual Gratitude Wall.
- Awarded 35 Random Prize giveaways, through partnership with SFHSS (including FitBits, satchels, backpacks, etc.)

2019 & 2020: Wellness Employee Newsletter Promotions

Enter to Win a Prize Giveaway!

What Are You Thankful for?

Help make thankfulness be front and center this season. Use the QR Code to answer our Wellness Gratitude Prize Question for your chance to win!

2022: Digital Signage

I am thankful for the support and love from family & friends.



I had the opportunity to work on two of our agency's biggest legacy projects, both of which were completed this year. It gives me great pleasure to know that these projects will serve and benefit thousands of the travelling public for decades to come.

I am extremely grateful to have served as an essential worker for the City and County of San Francisco and, more specifically, been able to get through the past few years - despite the height of the Covid-19 pandemic and testing positive for Covid-19 twice. Further, I'm truly grateful that my family and extended family remains healthy.

I am grateful to have made it through the last three years and to be back on board part-time continuing my work with my SFMTA colleagues to help San Franciscans make green choices in getting from their point A to their point B.



I'm thankful that, after 5.5 years of being an operator, I finally got off the fence, found a 24-hour gym, and committed to working out four nights per week. I have been obese and out of shape for years, so consistently sticking to my new workout regimen is giving me a new lease on life.

I am thankful for the videocall technology, and the greater familiarity we have with it now. A videocall let us spend the holidays with family members in multiple states this year without anyone having to risk illness or icy roads by traveling.

To be employed by SFMTA.

I'm thankful for the opportunity to give back to our communities.



I am thankful for my health, support system, and awesome job that I have.

I am thankful for my 86 year old Mom, my 89 year old Dad, both still being alive. I am thankful to the SFMTA for introducing me to my co-workers and friends who are all great people, that I have known, and for my employment in the Permit & Citations Department for the last 9 plus years.

I am thankful for my family. I am thankful for good health. The pandemic has brought lots of hardship, many people lost their jobs and struggle with making ends meet that's why I am thankful for having a great job with SFMTA.



What I am thankful for, beside my beautiful family that God blessed me with, I am thankful for waking up every day and having another opportunity to be better than I was yesterday. Thankful for another chance to make the right choices in life.

My family and well-being.

I'm thankful most for the people I have around me. Family, friends, etc...

Everything.

I am thankful for my loved ones and the time we spend together. I am thankful for the ability to travel and experience the world.

I am thankful for my family and that we are all in good health.

I am thankful for life itself, not only for the air that I breathe but also for the sensibility to feel compassion for others during these trying times. I am also thankful for having employment when others at either lost their job or had to be relocated. I am thankful for the knowledge of not taking things for granted and living, loving to the fullest every day. Last but not least I am thankful for having a supporting family that will stick with me through thick and thin, and my three grandchildren.

I'm thankful for good health, family and friends and passionate coworkers.



My bus drivers who show up and drive even when it's a cold and rainy day!

The beautiful weather we've been having in the Bay Area this week. Hearing about the winter weather other parts of the country are facing, I'm very thankful for the bright skies and pleasant chill we're experiencing. I hope folks out East stay safe and can keep warm.

I am so grateful to work with so many colleagues who are smart, capable and caring and who go above and beyond on a daily basis.



So many things! Having a job. Loving my job. Great co-workers. My 6 and 8 year-old nephews texting me voice recordings. Friends committed to bicycling 60 miles with me every Saturday. Music and SFJazz concerts - sometimes as many as 30 a year! Good health. Health insurance. Traveling. The right to vote. Friendship. Art. Museums. Books. SF Public Library. Rain. Cell phones. Freedom of the press. Freedom from religion. Civil discourse. Public transit. Access to nutritious food and clean water. Rent control. Laughter.



I am thankful for, regardless of the threat of CORONA VIRUS, having been able to work from home seamlessly, though even harder and more time, to serve the San Francisco City through the computer and Internet skills and environment provided by the SFMTA.

Thankful for being respectful and not harming other living beings.

I'm thankful for the opportunity to be part of SFMTA.



I am thankful that my adult children are healthy, happy and working in careers that they enjoy.

I am thankful for many things, that being my family and friends, the opportunities I have received, and me still being healthy and well. But one thing I am most thankful for this year is being able to be a part of SFMTA thanks to the Genesys Works Internship Program. Thanks to this company, I have acquired many skills that I wouldn't have learned here at school and have met so many amazing people who have accepted me into their team.

I am thankful for my fellow cohorts who pulled through the rough times and how we came victorious and blessed.

For my family and health.



2022 was a great year knowing that my family and friends are healthy, loving and prosperous. Wishing everyone the same for 2023.

My amazing daughter!

I'm thankful for my family. I'm thankful for God keeping me and my family safe as well as healthy.

I am thankful for my amazing staff, my great friends, my loving family and my good health. I am very fortunate to be working in this beautiful City in such a wonderful role - - I have a lot to be Thankful for!

I'm thankful for my happy, healthy children and my loving, supportive family.

I am thankful for family, friends and the magic of joy!

Every breath that I have taken in my life.

I am thankful for being working hard, responsible and respectful to others.

I'm thankful my family and I made it through the past few years with our physical, mental and spiritual health intact and able to work throughout the pandemic.

Having a job in this tough economy.

I am thankful for my health, my job, my connection to God, my connection to the people I work with, my ability to wake up every morning and stand on my feet, for the ability to discern problems and find solutions, for meditation and prayer, serenity, happiness, and contentment.



My partner and child. Even (and maybe especially) on the hard days where everyone is a bit frustrated or upset with each other, I am thankful for their health, our presence in each other's lives, and the joy they bring me every day.

The health and well-being of my family.



I am thankful for being alive after battling leukemia during the past year, and at the prospect of returning to work with Muni in the new year.

My sobriety. I went thru the MUNI program back in 2006. Still sober today.



SFMTA

SFMTA Board Workshop February 7, 2023