

a few notes

Topic: Thanks: Giving and Receiving



Daily Envision Employee Check-in Hosted by Dr. Stefanie Simmons

The human need to express gratitude allows us to see a world bigger than ourselves. Gratitude is a feeling of appreciation. Take a few seconds the next time someone says "thank you" to absorb it. Those two simple words boosts your health, reduces stress, and builds bonds. Embrace the moment and take it to heart.

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