



## 9 Ways to Say *Thanks*

What's the best way to show appreciation and improve relationships with family, friends and anyone you associate with each day? Express gratitude. Aesop, the ancient Greek storyteller, said, "Gratitude is the sign of noble souls." While we may appreciate something a person has done for us, our gratitude often goes unexpressed or unnoticed. When someone goes above and beyond to help you out, acknowledge their efforts and show your appreciation with one of these thoughtful suggestions.

### 1 GIVE FOOD

Freshly baked cookies and pies, whether you made them yourself or bought them from the local bakery, are a nice way to show someone you appreciate them, or to say "thanks" for a good deed. Why? Everyone loves food. Find out their favourite treat and deliver it in person.

### 2 WRITE A NOTE

Nothing expresses gratitude better than a heartfelt, handwritten note card. You don't have to be a poet or have perfect penmanship. Just write from the heart and say why you're thankful.

### 3 RETURN THE FAVOUR

If someone did something nice for you, return the favour. Did a neighbour pick up your newspaper and mail while you were gone on vacation? Pick up their newspaper and mail when they go on vacation, or offer to lend a hand if you see they need help.



### 4 PAY IT FORWARD

When someone does something nice for us, it's natural to pay that generosity forward. If the person in front of you at your favourite coffee place buys your coffee, say "thanks" and pay their generosity forward by buying coffee for the person behind you.

### 5 DELIVER FLOWERS OR A COLOURFUL PLANT

Brighten someone's day and show you appreciate them with a bouquet of flowers or a colourful, easy-to-care-for plant, such as lavender, aloe, jade, ferns and snake plant. All of these plants are resilient in case the recipient doesn't have a green thumb.

“I would maintain that thanks are the highest form of thought; and that gratitude is happiness doubled by wonder.”  
- G.K. Chesterton



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## 6 GIVE THEM SOMETHING USEFUL

Never underestimate the power of a useful and thoughtful gift. If you know the person well, think about their interests—what do they like or enjoy doing? For example, if they garden, get them a pair of gloves to say “thanks” for their help. If they love wine, buy them a bottle of their favourite wine. They’ll know how grateful you are, and will appreciate you personalizing the gesture.

## 7 GIVE A GIFT CARD

Gift cards are ideal for those you may not know well, but have some ideas about their daily life. If they’re into cooking, get them a gift card from the local kitchen store. If you know the person spends a lot of time in their car zipping around town, get them a gift card from a local coffee shop so they can enjoy a beverage on the go.

## 8 SING THEIR PRAISES ON SOCIAL MEDIA

When you write a message on a connection’s profile, the comment will be shared with their family, friends and colleagues. Sing their praises by tagging them in a post thanking them for their help. When people within your networks see it, they can “like” the status, which will make the person feel good.

## 9 DONATE MONEY TO CHARITY IN THEIR NAME

If you want to say more than “thank you”, and the person has everything, donate to one of their favourite charities, in their name. Either browse for favourite organizations on their social media pages, or ask them directly for the name of their preferred charity. They’ll not only enjoy the gesture, they’ll also appreciate you listened to them and respected their interests, which helps to build relationships.



# 5 Benefits of Gratitude

There’s more to gratitude than appreciating what you have; it’s also scientifically proven to be good for your overall health and wellness.\*

- 1. Improved health.** Grateful people report fewer aches and pains and are more likely to go to the doctor for a checkup.
- 2. Improved sleep.** Want to get a better night’s sleep? Write down what you’re grateful for at the end of the day. Science shows those who express gratitude sleep better and longer than their peers.
- 3. Boost your self-esteem.** People who express gratitude have higher self-esteem than those who don’t.
- 4. More empathy.** When you’re grateful, you’re more likely to help others and are less likely to exhibit aggression or hostile behaviour.
- 5. More resiliency.** Grateful people tend to be more resilient than their peers.

