



How to Show Appreciation

Showing our appreciation to others helps to build stronger relationships and makes us feel good about ourselves, too. Here are six practical tips for showing our appreciation to others:



1

Say 'Thank you!'
It might seem obvious but sometimes it's easy to forget to say it, especially to those we're closest to.




4

Listen to their ideas.
Showing that you trust them and want to use their ideas will make them feel appreciated and valued.



2

Write a note.
A handwritten note can be a personal way of telling someone why you appreciate them, and it's something they can keep afterwards.



5

Celebrate with them.
If they have done something well and you appreciate it, celebrate with them by going for a coffee or having a party.



3

Give a gift.
It doesn't have to be an expensive gift. You could buy the person some chocolates or take them some flowers.



6

Do something thoughtful.
Consider what would be meaningful to the person. Perhaps you could invite them along to your next social activity or do their washing up for them.