

CRG IS THANKFUL FOR YOU!

In November, we celebrate the holiday that gives us that **warm fuzzy feeling** while we reflect on all of the things in our lives we are thankful for-- Thanksgiving. There are numerous ways we can express our gratitude. We can volunteer, donate, extend an invitation, or even share a compliment with someone we adore. Sharing a compliment with someone is free and a great way to brighten someone's day. Showing gratitude enhances our psychological well-being, self-esteem and improves our relationships with our friends, family, and significant others. Not only do we have the potential to make someone's day brighter, but we can benefit from the act as well.

How do we express gratitude at CRG?

We are our employees and we appreciate all the hard work everyone puts into this company. We love to show gratitude for each other in many ways. Last month we popped into our restaurants dressed up in costumes and brought them candy and cookies for Halloween! This culture of showing gratitude for each other shines throughout our company; last month each restaurant received "Thank you" boards for employees to share their gratitude for one another. Each employee has the opportunity to share qualities they are thankful for about an employee(s).

Mental Health and Gratitude

At CRG we recognize the importance of mental health. This time of year can be hectic and stressful. With this comes the feelings of stress, anxiety, and depression. Showing gratitude for the positive things in your life are shown to improve your mental health.

[Check out the links below to learn how showing gratitude can impact your life!](#)

[7 Scientifically Proven Benefits of Gratitude](#)
[The Mental Health Benefits of Gratitude](#)

Don't forget to show yourself some gratitude!

There are so many things in life to be thankful for, but don't forget about yourself. You are powerful, wise, confident, and ambitious! Taking a step to write self-affirmations every morning can remind you of all the things you are and how you make a difference in the world.

Click [here](#) to learn 25 ways to show yourself gratitude.

How do we express our gratitude in the community?

Volunteering in the community and donating to those in need are great ways to express gratitude in the community. Just like we share gratitude in our restaurants, we love to share gratitude in our community. Below are some links to the organizations we partner with. Visit the links below to learn how you can get involved and show your gratitude!

[Children's Home Society](#)
[Boys and Girls Club of Central Florida](#)