



# May is Mental Health Month

## Gratitude Graffiti at Metro

Spread appreciation across Metro with a quick note of thanks. Small moments of gratitude can boost someone's day—and your own!

### How it works

- Write a short note of appreciation to a colleague
- Keep it simple: 1–2 sentences is perfect
- Deliver it in a way that feels natural (mailbox, email, chat, or in person)

### Need ideas?

- I appreciate you because...
- Something you did that made a difference was...
- You always make work better by...
- I'm grateful for you because...
- One thing I admire about you is...



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### Quick templates

Hi [Name], I appreciate you for [specific action]. It made a difference because [impact]. Thank you!

[Name] — Thank you for [what they did]. It didn't go unnoticed!

I'm grateful to work with you because [reason]. You make our team stronger by [example].

Thank you for going above and beyond with [situation]. It made a big impact!

I appreciate you for: \_\_\_\_\_ It helped by: \_\_\_\_\_ From: \_\_\_\_\_