

Good Morning!

Simple acts of kindness can have a big impact at work!

Try this: Say “good morning” to each person in your workplace. Or smile and make eye contact with people you pass in the hall.

It seems like a little thing, but greeting others with respect is an easy way to recognize their presence and dignity. Plus, research shows that kindness helps improve trust to facilitate innovation, engagement, and collaboration.



Learn more about simple actions you can take to Be Kind, Be Well:

mhealthy.umich.edu/bekind

