



I will be kind.

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

Try this: post a Be Kind Be Well pledge in your office.

Research shows that kindness helps improve trust to facilitate innovation, engagement, and collaboration. And you can let others know that you are a positive presence in the workplace by posting your own pledge to be kind.



Download your own pledge and learn more about simple actions you can take to Be Kind, Be Well:
mhealthy.umich.edu/bekind

