

Knock. Knock.

Play can be an important part of your day.

Try this: find appropriate ways to play at work—share a laugh, celebrate together, or interact in positive ways.

Research shows that having a playful and kind attitude can help build trust and facilitate creativity, innovation, engagement, and collaboration.



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

mhealthy.umich.edu/bekind

