

**We are
“the team, the
team, the team!”**

A positive mindset can have a big impact at work!

Try this: Start from a place of positivity today. In every interaction with your coworkers, begin with a positive assumption that you are all there to help one another succeed.

Research shows that practicing kindness helps improve your mood and enhances your capacity for facing your daily challenges.



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

mhealthy.umich.edu/bekind

