

Thank You!

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

Try this: Share a gratitude card with a coworker.

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 spreading good vibes.



Download gratitude cards and learn more about simple actions you can take to Be Kind, Be Well:

mhealthy.umich.edu/bekind

