BE KIND.
(and start with yourself)

Kindness can do wonders in the workplace. And a great place to start is being kind to yourself. Research shows that kindness helps improve your mood and your capacity for facing daily challenges. So give it a try. Be kind with yourself and the people in your life. And be well.

Take the kindness pledge and learn more about the positive impact kindness can have.
mhealthy.umich.edu/BeKind