The University of Michigan is a leader in education, research, and patient care. To sustain that leadership, we promote a healthy social and emotional work culture. We value all members of our community, and we know that a civil and considerate environment is integral to the health and well-being of faculty and staff.

We aspire to treat each other well, by adopting the following attitudes and behaviors:

- **Choose kindness.** Always treat each other with consideration and respect, whether in person, on the phone, over email, or on social media.
- **Think the best.** Assume we are all trying to do the right thing. Put yourself in the other person’s shoes, and be flexible and patient with others.
- **Act in a supportive way.** Encourage each other. Acknowledge each other’s contributions, and lend a hand when others need help. Be inclusive and welcoming.

The purpose of this statement is to foster good relationships throughout the University community.

If you would like MHealthy Thrive to lead a 15-30 minute guided discussion at your next department meeting, please email MHealthyThrive@umich.edu to schedule a date and time.