







Celebrate the Power of Kindness

World Mental Health Day is October 10, and this year we're recognizing the transformational power that kindness has on our health and communities. Even small gestures of appreciation are known to lower depression and anxiety while creating a sense of purpose. Try these suggestions for cultivating kindness in your workplace.

-  Welcome a new co-worker with a one-on-one conversation
-  Share a cultural treat or tradition with your team
-  Tell a colleague something you appreciate about them
-  Thank a co-worker whose efforts aren't often acknowledged
-  Offer to make a fresh pot of coffee or tea for the team
-  Praise a co-worker's good deed to their manager

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