

# How to strengthen your work community

## 1. Show interest.

Ask how your colleague is doing today.

## 2. Invite people along.

For lunch, for coffee, to enjoy some fresh air.  
Invite your less familiar colleagues along as well.

## 3. Express appreciation.

Tell someone what you appreciate or like about them.

## 4. Ask for and offer help.

Feeling like we can be of assistance to others is important to all of us. Ask for and offer help at a low threshold.

## 5. Notice the good.

Notice the good that comes from your own  
and others' small actions.

Almost one in three young people experiences loneliness in working life and one in four young people during their studies. Learn about strengthening our work community or seek free counselling:

[helsinkimissio.fi](https://helsinkimissio.fi)