

# BE A (WORK) FRIEND

Small, thoughtful actions can influence  
your own well-being and that of others.

## 1. Say hello.

It is good manners to be considerate towards everyone at work.  
It creates a good mood for you and others.

## 2. Take the initiative by inviting people along.

By collaborating, you promote a culture of doing things together.

## 3. Listen with respect.

What can you learn from others?

## 4. Show honest appreciation.

Good work? Tell them so!

Almost one in three Finns experience loneliness in working life.  
Learn about strengthening our work community or seek free counselling:

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