

# Weekly Wisdom



*Grow the Green for You and Your Team*



*“If you care about someone, and you got a little love in your heart, there ain’t nothing you can’t get through together.” -- Ted Lasso*

## Caring Work Environments Matter

And there’s science to back up this claim! In a study published last spring, researchers found that workers in caring environments were more likely to flourish.

“The results suggest that working adults who perceive their workplace climate as caring have substantially lower odds of diagnosed depression, higher reports of overall well-being, as well as greater self-reports of mental health, physical health, social connectedness, and financial security.”

As we move into the new year, we can attend to aspects of our work environments that create a “psychological climate of caring”:

Respecting each other.

Treating others fairly regardless of age, gender, ethnicity, etc.

Behaving in a trustworthy manner.

Recognizing others for their contributions and efforts.

Small acts of kindness can change everything!