



## 5 Ways to a More Considerate Workplace

These five ways to foster a more considerate environment—while boosting your occupational well-being—have something in common: making where you work a better place to be.

1. **Practice gratitude.**
2. **Setting up a meeting? Plan and show up on time.**
3. **Declutter to de-stress.**
4. **Never feed the rumor mill.**
5. **Be mindful of noise (and odors).**

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