

Kindness 360

Make a commitment to practicing kindness every day. If you perform just one random act of kindness a day, it can improve your wellbeing, as well as the wellbeing of people around you. This means not only the person whom you help, but those who witness the kindness. Kindness is one of the few things in life that multiplies the more we share it.

A few ideas of what you might do:

- ~ Open your eyes and notice when people around you could use a helping hand - scraping snow off a car, carrying groceries, or holding a door for someone.*
- ~ Reach out to someone who is suffering - may have experienced a recent loss, or may just be sad or lonely.*
- ~ Celebrate a co-worker or anyone you love; leave a note or send an email letting them know you appreciate them.*
- ~ An act of kindness can be as simple as making eye contact with someone you pass by and smiling.*

For more tips on kindness, visit:
takingcharge.csh.umn.edu

Earl E. Bakken Center for
SPIRITUALITY & HEALING