



# 6 EASY WAYS TO PROMOTE KINDNESS



## WRITE A NOTE OR THANK-YOU CARD

Write it to someone that has helped you. A hand-written note shows that you went the extra step to show your appreciation.



## GIVING TO OTHERS

Donating your old belongings to charity or a friend in need will help you and others feel good.



## BE NICE TO THOSE WORKING IN CUSTOMER SERVICE

They deal with people (sometimes rude) all day long. Being nice to them will help make their day go by smoother.



## BE POSITIVE, SPEAK POSITIVE

Speaking only positive words, even if it is a negative situation will help promote positive mood and behavior.



## TAKING DEEP BREATHS

When feeling overwhelmed, taking a couple deep breaths will help promote calmness and positive energy.



## BECOME A VOLUNTEER

Volunteering can help reduce stress. You gain a positive experience and you strengthen your ties with the community.