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## **Random Acts of Kindness**

My sisters and I have had a few road trips over the years and we have another one coming up next month. This has me reminiscing about past trips where we decided to do small random acts of kindness. On these adventures, we would pay the toll for the car behind us and a meal for someone in the restaurant we stopped at.

This timing also reminded me how little I do random kind acts, large or small, anymore. I have come to learn that there is a foundation that works to make kindness the norm all year long! The Random Acts of Kindness Foundation is actually focused on the belief that people can connect through kindness and it can be taught. It provides resources for schools, communities and workplaces to empower kindness and enhance everyone's well-being.

Research shows that helping others can be beneficial to our own mental health. It can reduce stress, improve our emotional wellbeing and even benefit our physical health. A 2010 Harvard Business School survey of happiness found that people who are concerned for others without expecting anything in return, were happiest overall.

Here's the good news: acts of kindness can be anonymous or visible, spontaneous or planned, and can be as simple as giving a compliment or opening a door for someone. So let's all take action today! Here are a few ideas to get you started!

1. Pay it Backward: buy coffee for the person behind you in line.
2. Compliment your boss on something they have done to help you grow.
3. Let someone go in front of you in line who only has a few items.
4. Post inspirational sticky notes around your neighborhood, office, school, etc.

5. Leave a gas gift card at a gas pump.
6. Leave unused coupons next to corresponding products in the grocery store.
7. Place a positive body image notes in jean pockets at a department store.
8. Smile at five strangers.
9. Send a gratitude email to a coworker who deserves more recognition.
10. While you're out, compliment a parent on how well-behaved their child is.
11. Write your partner a list of things you love about them.
12. Take flowers or treats to the nurses' station at your nearest hospital/nursing home.
13. When you hear that discouraging voice in your head, tell yourself something positive — you deserve kindness too!

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