



# VitaMin

Vital health information in a minute

## BRING KINDNESS WHEREVER YOU GO

One simple act of kindness can put a smile on someone's face today and inspire them to be kind in return. Kindness often creates a ripple effect because we feel motivated to "pay it forward" one way or another. Look for ways to be kind as you move through your day. You might be surprised to find opportunities for kindness everywhere.

### Kindness at home

Home is where you can be yourself and decompress after a stressful day. It's easy to forget about kindness in this space - especially when you're tired or overloaded. But your family needs kindness, too. It can lift them up when they're having a bad day and help build stronger relationships.

**Try it today:** Write a little note of appreciation to each person in your family.

### Kindness at work

Spreading kindness in the workplace can diffuse negativity and boost morale. It can be as simple as greeting coworkers by name, thanking someone or returning a favor. You can take steps to create a culture where people feel inspired to do good things.

**Try it today:** Order an extra coffee for a coworker.

### Kindness at school

Encourage children to find ways to be kind at school. Some of the most important lessons are about showing empathy and treating others with kindness and respect. When kids look beyond themselves they can better understand how others are feeling and respond with kindness.

**Try it today:** Encourage your child to say thank you to teachers or connect with someone who usually eats lunch alone.

### Kindness everywhere

Wherever you go, you have a chance to surprise others with kindness. Take a few moments to greet your neighbors and people at the store, passing by on the sidewalk or in the elevator. Do something unexpected to make someone's day better.

**Try it today:** Let someone go in front of you in the checkout line.

Together, all the way.®



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