

**“NO ACT OF KINDNESS,  
NO MATTER HOW SMALL,  
IS EVER WASTED.”**

- AESOP

**MORE KINDNESS, MORE OPTIMISM**

Acts of kindness produce oxytocin, *sometimes referred to as the love hormone*, lowering blood pressure and improving our overall heart-health. Oxytocin also increases our feelings of optimism, which we could all use a bit more of!

**28 DAYS OF KINDNESS**

Challenge yourself to do one random act of kindness every day for the next 28 days. Bring a co-worker their favorite coffee, hold the door for a stranger, pick up litter on your walk, or give someone a sincere compliment. Big or small, all acts of kindness make a difference for those involved.

**BE KIND TO YOURSELF**

This is just a reminder to be *kind to yourself* around Valentine's Day treats. There is nothing wrong with indulging in a bit of chocolate or candy, but make sure you sit and savor it! Enjoying treats mindfully can prevent you from overdoing it.



Sources: <https://www.dartmouth.edu/wellness/emotional/rakhealthfacts.pdf> / [102 Challenges](#) by Tad Mitchell, 2018 WellRight, Inc.



S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

- 2/5 NATIONAL WEAR RED DAY FOR HEART DISEASE
- 2/11 'YOU AT YOUR BEST' LUNCH AND LEARN\*
- 2/16 'STRESS LESS' LUNCH AND LEARN\*
- 2/17 RANDOM ACTS OF KINDNESS DAY
- 2/25 'DESKERCISE 101' LUNCH AND LEARN\*

\*Virtual lunch and learn offered online. Learn more at [healthmatters.idaho.gov/classes-presentations/](https://healthmatters.idaho.gov/classes-presentations/)