“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.