

Random Acts of Kindness

February 16 - 24

Kindness and Mental Health: Kindness promotes empathy and compassion. Kindness can increase one’s will to live (especially for people who feel isolated or depressed). Kindness helps increase a sense of community and belonging; reduce stress, boost immune system, reduce anger, depression and anxiety.

(Sreenivasan, S., & Weinberger, L, E. (2017). Why random acts of kindness matter to your well-being. *Psychology Today*. Retrieved from <https://www.psychologytoday.com/us/blog/emotional-nourishment/201711/why-random-acts-kindness-matter-your-well-being>

AU ID#: _____

Offer to study or complete homework with someone _____	Do something nice for a professor _____	Sit next to, and talk with someone who is eating alone _____	Smile at someone each day _____
Let someone go ahead of you in line _____	Donate something to a charity/shelter _____	Pay for someone’s meal/snack _____	Call a relative of friend you have not talked with in a while _____
Say something positive/affirming to yourself everyday _____	FREE (Kindness act of your choice- write what you did) _____	Free (Kindness act of your choice - write what you did) _____	Send someone a handwritten note, thanking them for being in your life _____
Say something positive/affirming to someone each day _____	Clean up after someone else- just because _____	Ask someone out to lunch/dinner _____	Hold a door open for someone _____
Leave an encouraging/positive note on someone’s desk _____	Pick up trash around you – just because _____	Leave a “thank you” note for a service area staff in an area where they will find it. _____	Challenge someone to do an act of kindness _____

Instructions: Write your ID number at the top of the page. As you complete each act, initial inside the square. Once you have completed and initialed all squares, drop your card in the AU Kindness drop box located at either the Counseling & Testing Center or the Student Center. Your completed card will be entered into a drawing for a chance to win one of 2 free Strengths Finder assessment, and one of 2 free massage chair sessions.

“Be Kind. Everyone you meet is fighting a battle you know nothing about.”

Sponsored by Counseling & Testing Center, Bell Hall 123; Tel: 269-471-3470