



# FAMILIES TACKLING TOUGH TIMES TOGETHER

## Wellness Wednesday

Have you ever experienced a random act of kindness or given of yourself without expecting anything in return? Small acts of kindness are meaningful. Experiencing [acts of kindness](#) can promote feelings of happiness and contentment, can help lower blood pressure, and can benefit overall health and wellbeing. Kind people also report [less stress](#), a more positive mood, and [lower anxiety](#). [Kindness can also be contagious](#). The positive effects experienced by everyone who witnesses a kind act can create a domino effect and can strengthen our connections with others. Small acts of kindness can provide the same benefits of larger, more complicated gestures. For example, saying “thanks” to your neighbor or opening a door for another person may shine a light on an otherwise dark day. Acts of kindness do not need to occur face to face to have a benefit. Contributing to a charity or to a cause online can provide the same benefits. The most important thing is that you [give or receive kindness](#) without expecting anything in return.

### Acts of Kindness

Are you wondering how you can help spread kindness today? Acts of kindness are selfless acts, both large and small, that occur naturally without being prompted or coerced. Some examples might include:

- Helping someone cross the street
- Talking to relative about a favorite song or about their past
- Sharing your garden flowers or plants with another person
- Saying thank you
- Starting or contributing to a fundraising campaign
- Taking time to check in with another person, even if to just say hi
- Leaving a small note for someone just because
- Paying for the coffee of the person in line behind you
- Helping a neighbor with yard work
- Giving a hug (to someone in your household) or mailing a hug to a loved one

### [Dimensions of Wellness](#) Related to Acts of Kindness

- Physical
- Emotional
- Intellectual
- Vocational
- Financial
- Social
- Spiritual
- Environmental

