



# Wellness Toolkit

**Monthly Focus: "Random Acts of Kindness"**

**KINDNESS IS GOOD FOR YOUR HEALTH !**

According to a new study, there is a simple and cost-effective way to avert the effects of stress: performing acts of kindness. "People who volunteer tend to experience fewer aches and pains. Giving help to others protects overall health twice as much as aspirin protects against heart disease. People 55 and older who volunteer for two or more organizations have an impressive 44% lower likelihood of dying — and that's after sifting out every other contributing factor, including physical health, exercise, gender, habits like smoking, marital status, and many more. This is a stronger effect than exercising four times a week or going to church." [kindness study](#)

## Possible Kindness Events

- Ask everyone to make a donation for a specific charity
- Collect hats, scarves, gloves, coats and donate to ([Purple Heart](#))
- Offer an Employee Appreciation breakfast or lunch, just to say "thank you"
- Offer employees a Free chair massage
- Post a "random acts of kindness" bulletin board and share your kind acts
- Start a "paying it forward" chain of kindness

Check this  
out

**Kindness**

Click on the  
kindness ideas tab



Be  
kind to your  
body

**EXERCISE**

Click on Exercise

## Challenge Idea



Let's promote a healthy weight for life and setting a goal to get there this year. To get started, check out this [BMI chart](#)



What better way to promote "kindness" than by sharing a meal. Try these easy healthy, crockpot [recipes](#)