

MENTAL HEALTH

NEWSLETTER

KINDESS

Kindness is more than a behavior. Kindness is a quality of being. The act of giving kindness is often simple, free, positive and healthy.



"WHEN YOU ARE KIND TO OTHERS, IT NOT ONLY CHANGES YOU, IT CHANGES THE WORLD. "
- HAROLD KUSHER

BENEFITS OF KINDESS

- Good for the body - Decreases blood pressure, stress levels and tend to be healthier and live longer.
- Good for the mind - Increase self-esteem, mood and gives feelings of satisfaction and well-being.

TAKE ACTION

- Kind to others - Smile or say thank you.
 - [Kindness ideas](#)
 - [Kindness Calendar](#)
- Kind to yourself - Positive self-talk and self-care