

Fold me

*"Kindness... It costs nothing but means everything."*



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# ACTS OF KINDNESS

 Varies

 1 Day

 Alone; 1:1

## THE WHY

Did you know there are scientifically proven benefits of kindness? In fact, random acts of kindness lead to increases in well-being for the person doing the kind act.

Additionally, receivers of random acts of kindness pay it forward. In one study, receivers of random acts of kindness engaged in kind acts themselves 278% more than individuals that did not receive random acts of kindness.

## HOW TO DO IT

1. One day this week, choose five acts of acts of kindness to perform. The acts do not need to be for the same person.
2. At the end of the day, spend a few minutes reflecting in writing on the kind acts. Detail what you did, how it made you feel, and, if you know, how the other person reacted.

*Optional: Consider doing this once a week for a few weeks to enhance the effects.*

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Curry, O. S., Rowland, L. A., Van Lissa, C. J., Zlotowitz, S., McAlaney, J., & Whitehouse, H. (2018). Happy to help? A systematic review and meta-analysis of the effects of performing acts of kindness on the well-being of the actor. *Journal of Experimental Social Psychology*, 76, 320-329. doi: 10.1016/j.jesp.2018.02.014

## EXAMPLES

- Writing or emailing a thank you note.
- Helping a coworker complete a task above and beyond your normal job duties.
- Bringing someone a beverage.
- Giving someone a gift card to a favorite store or restaurant.
- Making a special attempt to recognize someone who often gets overlooked.
- Helping someone carry their stuff.
- Spending time learning more about someone else's life.
- Cheering up someone who seems to be having a bad day.

## PLAN YOUR ACTS

