Random Acts of Kindness

Even the smallest act of kindness can make an impact. What's more, when you are kind to someone, they are more likely to be kind to others. Showing kindness can also have positive physical and mental health benefits. Doing nice things for others may help with reducing symptoms of depression and anxiety, coping with stress, improving sleep, improving your self-esteem and feeling a greater sense of well-being and satisfaction in life.

Here are a few acts of kindness you can try today:

- Smile at someone.
- Pay someone a compliment.
- Open a door for someone.
- Give an unexpected gift.
- Say "thank you" more often.
- Ask someone "how are you?"
- Praise someone's contribution to a project.
- Send someone a kind message by email or text.
- Pick up litter.
- Donate or volunteer for a cause.
- Visit a loved one or neighbor.
- Buy a coffee or tea for the next person in line.