

HEALTHY HINTS

Just for the HEALTH of it!™

WEEK 5: Act of Kindness



If you do good, you'll feel good!

Here are a few ideas:

- Introduce yourself to your neighbors.
- Compliment a stranger.
- Send a thank you card.
- Hold your tongue—Pause before speaking or writing when you are mad or agitated.
- Play cupid.

- Be encouraging!
- Say "THANK YOU" a lot!
- Call your parents and tell them you love them!
- Give freely!
- Offer groceries for a friend.
- Let it go!
- Share—even though you probably don't want to.
- Buy someone a coffee!
- Send a care package to a soldier.
- Make someone a meal.
- Tip generously.
- SMILE!
- _____
- _____

See...it's not that HARD!!!

