

EMPLOYEE ASSISTANCE PROGRAM

BE A ROLE MODEL FOR KINDNESS

When we make the effort to be kind to everyone we interact with on a daily basis, it not only impacts the recipient in a positive way, it also makes us feel good about ourselves. Many studies have found that being kind and compassionate leads to greater psychological well-being and helps you feel more connected with people. It also benefits physical health by decreasing stress, lowering blood pressure, and strengthening the immune system.

You can practice being a role model for kindness by starting with yourself. Pay attention to negative self-talk and forgive yourself for your shortcomings. Often, we treat friends or family better than we treat ourselves. Focus on the positives in your life and your strengths.

Here are ways to demonstrate kindness at work or at home:

- Pay someone a sincere compliment.
- Let someone in front of you in the grocery line or in traffic.
- Offer encouragement to others.
- Be friendly and respectful with everyone you meet.
- Pay attention and fully listen when someone speaks with you.
- Show appreciation for the things people do for you.
- Show thoughtfulness without expecting anything in return.

Besides the benefits to you, kindness tends to have a ripple effect. The recipient of your kind act is more likely to be kind to someone else.

