



# make kindness the norm.<sup>®</sup> AT WORK

**Kindness in the workplace starts with you!**

Simple acts of kindness can help strengthen social connections, improve heart health, and increase calm and happiness. Practice kindness today to bring joy to yourself and the people around you!

Check out the actions below or for more ideas, visit:

## **RANDOM ACTS OF KINDNESS FOUNDATION<sup>®</sup>**

[randomactsofkindness.org](http://randomactsofkindness.org)



[wellness.santaclaracounty.gov/rak](http://wellness.santaclaracounty.gov/rak)



*Tear off and try one of these small ways to spread kindness every day*

Smile and say good morning to someone you don't know.

Acknowledge someone's good work during a meeting.

Organize a breaktime/lunchtime walk.

Genuinely greet and ask how someone's day is going.

Offer to help a coworker on a work project.

Leave a positive post-it note on someone's desk.

Bring fruit or a treat for a coworker.

Thank your boss and tell them they are awesome.

Encourage a coworker to practice self-care.

Reach out to a colleague you haven't spoken with in a while.

Send a coworker a virtual High 5:  
[myhigh5.sccgov.org](http://myhigh5.sccgov.org)