

# NOTICE THE SIGNS: **GIVE**

## EVERYDAY ACTS OF KINDNESS

We all know it can make our day or week if someone does a random act of kindness for us, especially at the moment.

So it's important we all GIVE them too - we have highlighted some ways you can share the love, kindness and happiness. This will not only make their day - but also yours too - knowing you've done or said something for someone else. We've shared some ideas for you to GIVE kindness below - these are small but can go a long way. Why not try and do some random acts of kindness over the next few days or weeks?

### 5 reasons why you should GIVE kindness!

- 1 There's a lot of value in small everyday acts of kindness
- 2 Everyday acts of giving can make a big difference to someone's wellbeing
- 3 Good deeds needn't take much time or cost any money
- 4 Individuals who report a greater interest in helping others are more likely to rate themselves as happy
- 5 Helping others reduces stress, and improves mood, self-esteem and happiness



### 5 ways to GIVE kindness

- 2 Phone a family member or friend to check in
- 6 Smile at a stranger
- Hold the door open for someone
- Give a compliment
- Offer to walk a neighbour's dog



**“Remember there is no such thing as a small act of kindness.”**

<https://dorsetmindyourhead.co.uk/resources/self-development-toolkit/five-ways-to-wellbeing/>  
[www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing](http://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing)