Are you up for the Great Kindness Challenge?

January 22nd - 26th

HELPING HANDS 2018

- ☐ Compliment 5 people, if possible, if front of others
- ☐ Write a loving note to a family member
- ☐ Call a family member for no reason
- ☐ Have a family meal without any technology at the table
- ☐ Surprise a co-worker
- ☐ Tell yourself one good thing about yourself every morning this week
- ☐ Ask one child what kindness means to them and share that with a colleague or friend
- ☐ Write, draw, make, or buy something encouraging for a colleague who is experiencing difficulties
- ☐ Share on social media one or more of the kind deeds your co-workers have done with the hashtag #DignityHealthGKC
- ☐ Make someone laugh
- ☐ Share a humankindness story at hellohumankindness.org
- ☐ Leave a piece of chocolate on the people in your department's desk
- ☐ Treat somebody to lunch
- ☐ Learn something new about someone
- ☐ Send a thank you note
- ☐ Help a neighbor
- ☐ Pick up trash
- ☐ Every night before you go to bed, think of three things you're grateful for
- ☐ Smile at people you pass
- ☐ Reflect on what kindness means to you
- ☐ Play with a kid
- ☐ Adopt a soldier, senior, college student, or a pet

- ☐ Bring flowers to someone
- ☐ Help someone with their yard work
- ☐ Help a child learn something - anything!
- ☐ Spend quality time with someone
- ☐ Donate one dollar
- ☐ Speak kindly
- ☐ Pay for someone's coffee
- ☐ Visit someone who is lonely
- ☐ Create something
- ☐ Attend a community event
- ☐ Cook a meal for someone, even for yourself
- ☐ Learn and support someone's dreams
- ☐ Offer help
- ☐ Allow someone to help
- ☐ Leave a treat for your mailperson
- ☐ Listen. Don't interrupt.
- ☐ Say yes to someone
- ☐ Give someone the benefit of the doubt
- ☐ Check in with someone
- ☐ Let another car merge in front of you, or stop to let a pedestrian cross the street.
- ☐ Offer to pick up groceries for an elderly neighbor
- ☐ Say "I love you" to someone you love
- ☐ Pass along a great book
- ☐ Give someone a hug
- ☐ Empathize
- ☐ Text someone just to say good morning or good night
- ☐ Be encouraging!
- ☐ When you hear that negative, discouraging voice in your head, remember to leave yourself alone - you deserve kindness too

Dignity Health — **Hello humankindness**

Mercy Medical Center Redding | St. Elizabeth Community Hospital | Mercy Medical Center Mt. Shasta