

A TOOLKIT FOR PROFESSIONALS

MINDFULNESS AT WORK

Random Acts of Kindness in the Workplace

Can kindness really change the world? Indeed. Kindness sends a subtle yet powerful ripple of warmth out into the world. Your acts of kindness will inspire others to act kindly, and the recipients of that kindness will be inspired to do the same. Never underestimate the reach that one single act of kindness can have.

DID YOU KNOW?

Research on the impact of kindness has found the following:

- Witnessing acts of kindness increases production of oxytocin, the love hormone
- Altruism via financial donations is positively correlated with happiness
- Being kind to others increases activity in our own brain's pleasure and reward centers
- Kindness stimulates production of the feel-good hormone serotonin
- Kindness can reduce stress, anxiety, pain, blood pressure, and depression

HOW TO BE KIND AT RANDOM:

- In the morning, set an intention to be on the lookout for opportunities to act kindly at random.
- As you go about your day, make the most of any opportunities you come across.
- Keep your kind actions as anonymous as possible. Let go of expectation of reaction or reward.



ACTS OF KINDNESS FOR THE WORKPLACE:

- Write a letter of gratitude to a colleague
- Take a colleague out to lunch
- Bring flowers, a fruit basket, or freshly baked goods to work
- Help a colleague with one of their most demanding tasks
- Offer a compliment to a co-worker or team directly
- If you're a manager, give your team an impromptu afternoon off

How do we change the world? One random act of kindness at a time. – MORGAN FREEMAN