



Feel-Good Friday

Today, take action to uplift people in your community. **Simply noticing and acknowledging someone is a meaningful act of kindness that can have a profound effect on the recipient.** Help someone feel seen and appreciated, and you will probably be energized by the experience, too!

- Help someone who lives with you by **gathering their misplaced items** at the end of a day and organizing them with a note that reads “I care about you, and I hope this act of kindness help your day run smoothly.”
- When you buy groceries, **ask a neighbor** if there is an item you could pick up for them.
- **Donate** something you aren’t using at home to give someone a chance to have what they may not otherwise be able to afford.
- Write a note or an email to **thank the cleaning staff** where you work or to thank a family member for doing chores at home.
- Notice the name of **a hard-working restaurant server** or customer service representative and take the time to name them in a positive comment to their manager or in a great review on a customer satisfaction survey.
- **Doodle a drawing** and write “Thinking of you.” on it. Then, mail it or take a selfie with it to send to a family member or a friend.
- Send an old photo to a family member or friend and tell that them you’re happy they’re a special part of your life. Or, **take a picture of a sunrise** and send it to someone with a note saying your days are brighter because you know them.
- **Say “Hello,” “Good morning,” or “Good evening!”** to someone you pass at a distance on a walk or simply nod and give a single wave.

You Can Spread
Kindness
Through Your Actions

To receive email updates on current Emotional Wellness Programs, including virtual presentations, send an email saying “Feel Good” to emotional-wellness-no-reply@tricityfamilyservices.org