

It's February! When you hear that what do you think of??

Valentine's Day, President's Day, chocolate, hearts, cold, snow, winter break, Super Bowl! But did you also know that during February, nationally we observe Random Acts of Kindness Day and Week!!

The Random Acts of Kindness Foundation, an internationally recognized non-profit organization founded upon the powerful belief in kindness and dedicated to providing resources and tools that encourage acts of kindness recognizes February 17, 2019 as RAK Day followed by February 18 -22 RAK Week.

It's not that we shouldn't be kind every day of the year, but it can all start with one act, one person, one day.

It's such a simple thing. Most acts of kindness cost nothing but some of your time. We feel good when we do it; we feel good when we're on the receiving end. So why don't we do it all the time? We all get caught up in our own day, lives, schedule, and go 100 mph because we have so much to do. Stop, breathe. Take a moment to perform a random act of kindness, the benefits will come back to you tenfold.

Studies have shown that people, both on the giving and receiving ends, of acts of kindness experience increased energy, happiness, pleasure, and uncontrollable smiling! While also decreasing pain, stress, anxiety, depression and blood pressure. And it's contagious!!

Here's a handful of some simple acts of kindness. Some take a few seconds, some a few minutes, and others a bit more time. No act of kindness is too small.

- ♥ Hold the door open for the person behind you.
- ♥ At the grocery store, let the person behind you with just a couple items go ahead of you who has a full cart of items.
- ♥ Shovel the snow off your neighbor's front stairs before they get home.
- ♥ Say "please" and "thank you".
- ♥ Smile at someone.
- ♥ Leave someone a positive sticky note on their computer/desk.
- ♥ Do a chore at home you don't normally do or are not expected to do.
- ♥ Say "Hi, good morning!" to that person you don't know but pass every day in the hallway.
- ♥ Donate unused items you have to the appropriate organizations (books, magazines, clothing, old blankets, etc.).
- ♥ Send someone a hand-written note/card.

- ♥ Volunteer time at your local library, school or an organization.
- ♥ Check in on an elderly neighbor, just to say hi.
- ♥ Bake something for a co-worker, family member, or neighbor.
- ♥ Acknowledge when someone walks in the room.
- ♥ Ask "how are you?" and mean it and listen to their response.

These days, who couldn't use a little more kindness in their lives. Take a few minutes and decide what **you** can and want to do; maybe have a conversation with your kids or friends and see what other ideas you can come up with.

Let's remind ourselves and each other that humanity, compassion and kindness are still alive and well in this world.

*"Kindness is a gift everyone can afford to give."*

*Unknown*

*"Kindness is a language which the deaf can hear and the blind can see."*

*Mark Twain*

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

#RandomActsOfKindnessDay

**Monthly Messages** are brought to you by the **Tompkins County Youth Services Department**, a proud partner of **The Community Coalition for Healthy Youth**.

If you have further questions or comments about this message or would like information on how to become involved with the Community Coalition for Healthy Youth, please email [bnugent@tomkins-co.org](mailto:bnugent@tomkins-co.org).

