

# Tip sheet: Kindness

Communities have come together to support one other like never before, highlighting humanity, gratefulness and hope for the future .

But did you know that acts of kindness are also great for your mental health?

They have the power to brighten someone's day and you feel good and energised for helping them.

There's also a ripple effect as it inspires others to do the same, brings people together and helps to spread more happiness! Random acts of kindness do not have to be big gestures.

Even the smallest and simplest acts can have a big impact and everyone can get involved. You will find lots of creative ideas online but here are some of our favourites:

**1. Paint a message of encouragement on a rock and leave it somewhere visible (and safe) when you are out walking next.** We received many uplifting comments from people who discovered our kindness rocks in and around Woking last year.

2. **Post a note through your neighbour's door to check in** with them, particularly if they are vulnerable or alone. Just knowing you are there can offer so much comfort.
3. **Surprise the people you live with** by waking them with breakfast or tea in bed one morning! You may inspire them to return some kindness or start a weekly routine of kind gestures.
4. **Send a letter to a friend or loved one** to let them know you are thinking of them. You could reminisce about a shared fond memory to bring back happy thoughts for you both.
5. **Embed the idea of kindness in children.** Start a kindness jar or paperchain that you can add to when you experience or do an act of kindness for others.
6. **Tell someone you love how much they mean to you** and your favourite thing about them. Looking for the good in others help us see the positives in ourselves and helps to nourish self-esteem on both sides.