

Recharge

WITH **H.E.A.R.T.**[™]

30 Days of Kindness

For the next 30 days, practice a simple act of kindness each day.
Use the suggested options, and/or create your own!

Pass up a great parking spot, leaving it for a fellow caregiver that may really need it.

Hold the door or elevator open for co-worker.

Suggest a 2-minute team stretch

Post an inspirational quote or image in a shared workspace.

Make copies of your favorite healthy recipe and distribute.

Bring a healthy snack to share with your team.

Pass out dark chocolate to colleagues.

Invite a colleague to join you for a walk during a break.

Greet everyone you pass on the way in and out of work.

Treat a fellow caregiver to a cup of coffee/tea.

Take the time to verbally thank or compliment a co-worker.

Offer to walk a co-worker to their vehicle

Learn to say hello in 5 different languages.

Bring in a plant or flowers to brighten your workspace

Leave some change in a vending machine

Tell your boss you appreciate them.

Send a Caregiver Celebration

Learn about a fellow caregiver on Our People.

Make a charitable donation

Call a former co-worker just to say hello