Conscious Kindness

K-BRITESKI

United Way

Wednesday, May 16 😀 #LocalLove

Kindness. It makes our community better for everyone.
Never underestimate the power of even the smallest act of kindness. It has the potential to change a life. And when multiplied by millions of people, small gestures of local love can transform the world.

On Wednesday, May 16, 2018 United Way invites you to help spread a culture of kindness in our community.

Be part of United Way's Conscious Kindness Day by planning some treats for your staff, customers, or constituents! It's an easy way to get your workplace or organization working together for a better community.

Hang these posters throughout your workplace, school, community organization — anywhere you can — and encourage everyone around you to brighten someone's day by doing something nice for no reason at all.

Together, we can make the world more compassionate, considerate and connected with each act of kindness.

If you've been kind or experienced kindness, tell the world and inspire others by sharing stories and ideas on social media with the hashtag **#LocalLove**.

Let's celebrate a day that inspires people everywhere to be kind every day.

WHAT:
United Way's
Conscious Kindness Day

WHEN:
May 16, 2018

WHERE:
All over the country!
At work! At school!
At the breakfast table!
In your heart!

HOW:
Hang posters,
plan kind actions
(muffins are
always nice…),
share with **#LocalLove**

WHO:
You!

"Life's most persistent and urgent question is,
'what are you doing for others?' "

— Martin Luther King Jr.

Why Kindness?

Kindness is good for your bottom line
93% of people want to work for a company that cares.

Kindness builds morale and makes people feel good about their job
88% feel their job is more fulfilling when they are provided opportunities to make a positive impact on social and environmental issues.

Kindness inspires teamwork and helps people feel respected and less alone
Kindness connects people and makes them feel valued and included.

Being kind improves mental health and reduces stress
Being kind improves overall well-being and builds emotional resilience.

Being kind feels good
Being kind releases feel-good endorphins, just like exercise. So making someone smile makes you feel good too!

Kindness broadens our perspective
Being kind requires attention, so you notice more while helping others. As a result, you have more opportunities to learn and gain insight, and practice mindfulness.

Kindness makes people want to be around us
People are attracted to kind people. Gratitude and appreciation are recipes for peaceful coexistence.

Thanks for sharing in the happiest day of the year, and spreading the good mood to your family, staff, customers and members!

GIVE UP YOUR SEAT

GIVE AN UNEXPECTED COMPLIMENT

GRAB A TREAT FOR A COWORKER

CLEAN UP YOUR 'HOOD

Kindness is contagious.
How will you help spread it?

- Smile. A warm smile is the universal language of kindness
- Say "hello"
- Visit a sick friend
- Buy someone a meal
- Let someone go before you
- Give blood
- Read to a child or senior
- Send your boss an email about a co-worker's hard work
- Respect others
- Be patient
- Bring a welcome gift to a new co-worker
- Forgive a mistake
- Show compassion
- Help a neighbour
- Hold the door for someone
- Leave change in the vending machine
- Help someone carry their groceries
- Leave a note on the bathroom mirror that says "you look amazing!"
- Send flowers to a friend
- Deliver a cup of coffee
- Leave a nice note on someone's desk
- Say "thank you"
- Leave a copy of your favourite book on a bus with a note in it
- Do a favour
- Teach someone how to cook a healthy meal
- Mentor a child
- Volunteer
- Cook a meal for a family with a new baby

#LocalLove