



'Tis the Season for Random Acts of Kindness

Small gestures can make the season a little brighter.

The holidays can be a wonderful time to show others you care. And kindness doesn't have to be elaborate or cost anything. A thoughtful word, a helping hand or a few minutes of your time can make a meaningful difference in someone's day. **Here are a few simple ways to spread kindness this season:**

Share your appreciation. Thank someone who has helped you, recognize a co-worker's efforts or tell someone what you appreciate about them.

Make someone's day a little easier. Hold a door, lend a hand, help with a task or offer support when you notice someone could use it.

Reach out. Send a message or call someone you haven't connected with lately. A simple check-in can help someone feel remembered and valued.

Give what you can. Donate food, clothing, time or other resources to a cause that matters to you.

Include someone. Invite a co-worker to join you for a break, welcome someone new or make an extra effort to include a person who may be feeling left out.

Spread encouragement. Offer a genuine compliment, leave a kind note or share a few words of encouragement with someone having a difficult day.

Be kind to yourself, too. Kindness counts when you extend it to yourself. Give yourself permission to rest, set boundaries and let go of the expectation that everything has to be perfect.

You never know how much a small gesture might mean to someone. Look for simple opportunities to make another person's day a little brighter, during the holidays and throughout the year. Remember to extend kindness to yourself, too. Your EAP is here to support you when you need it.