

April, 2024

MONTHLY NEWSLETTER

Mental Health Matters

WHAT'S IN THIS MONTH'S ISSUE:

- Kindness



DID YOU KNOW?

EVERYDAY SIMPLE ACTS OF KINDNESS CAN CONTRIBUTE TO BOOSTING YOUR MOOD, REDUCING STRESS, AND POSSIBLY ALLEVIATING SYMPTOMS OF DEPRESSION OR ANXIETY.

Make Kindness the Norm!



We rise by **lifting** others.

-Robert Ingersoll

KINDNESS IS DEFINED BY DOING SOMETHING FOR OTHERS, MOTIVATED BY A GENUINE DESIRE TO MAKE A POSITIVE DIFFERENCE. WE KNOW FROM RESEARCH THAT KINDNESS AND OUR MENTAL HEALTH ARE DEEPLY CONNECTED. RESEARCH SHOWS THAT KINDNESS IS AN ANTIDOTE TO ISOLATION AND CREATES A SENSE OF BELONGING. IT HELPS REDUCE STRESS, BRINGS A FRESH PERSPECTIVE AND DEEPENS FRIENDSHIPS. KINDNESS TO OURSELVES CAN HELP BOOST OUR SELF-ESTEEM. KINDNESS CAN EVEN IMPROVE FEELINGS OF CONFIDENCE AND OPTIMISM.

SHARE A SNACK.



PICK UP LITTER.

GIVE OTHERS THE
BENEFIT OF THE DOUBT.



DRINK A GLASS
OF WATER.



DONATE BLOOD.



THANK A TEACHER.

READ WITH A CHILD.



COMPLIMENT WITH
RECKLESS ABANDON.



ACKNOWLEDGE
SOMEONE WHO
DESERVES PRAISE.



SUPPORT LOCALLY
OWNED BUSINESSES.



OPEN DOORS
FOR OTHERS.

SMILE.



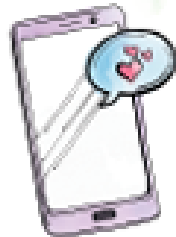
USE A
REUSABLE
WATER
BOTTLE.



MAKE
KINDNESS
THE NORM.



SHARE YOUR
FAVORITE SONG
WITH SOMEONE.



TEXT SOMEONE A
POSITIVE MESSAGE.



PLACE ENCOURAGING
STICKY NOTES IN
PUBLIC AREAS.

GO FOR A LONG WALK.



LEAVE AN EXTRA BIG TIP.



ENCOURAGE
A FRIEND.



GIVE AN
UNEXPECTED GIFT.

CELEBRATE
SOMEONE ELSE'S
ACCOMPLISHMENT.



PUT AWAY YOUR
PHONE AND LISTEN
WITH YOUR HEART



SEND A THANK YOU NOTE.



RANDOMACTSOFKINDNESS.ORG

LAUGH UNTIL YOUR
BELLY HURTS.



LOVE WHO
YOU ARE.



RANDOM ACTS
OF KINDNESS
FOUNDATION

MARIE TECHAM

MENTAL HEALTH STUDENT SUPPORT SPECIALIST
SCHOOL SOCIAL WORKER, ORONO HIGH SCHOOL