



Little Ripples...
can make...
Big Waves...

#KindnessMatters

Kindness for Others

Take time to listen and empathise.

Write a letter or send a text to show "I'm thinking of you".

Surprise a friend or relative with a personalised gift.

Leave a positive review or compliment.

Remind someone of their best qualities.

Share a photo of a happy memory.

Tell someone that you're here for them when they need you.

Kindness for Yourself

Take a break and relax with your favourite hobby.

Watch/Read/Listen to something that makes you laugh.

Practise positive self-talk during difficult situations.

Write down "3 Good Things" that went well today.

Celebrate your success and hard work.

Plan time for exercise, self-care and getting out in nature.

Ask for help when things are getting tough.