



Kindness Ideas

MAY IS MENTAL HEALTH AWARENESS MONTH



Kindness doesn't have to be big to matter. Choose kindness to be the standard in your relationships and community. Browse our list below for ideas that you can do now!

- **Send an unexpected message** telling someone you appreciate them.
- **Hold the door or offer a genuine smile.** Simple act but it can change someone's whole day.
- **Leave a kind note** for a family member, coworker, or even a stranger to find.
- **Listen without interrupting** when someone needs to talk.
- **Thank someone** for a routine task they usually don't get credit for.
- **Offer help before being asked**, especially during stressful times.
- **Start a gratitude tradition**, like sharing one kind thing each person did or noticed that day.
- **Apologize sincerely** when you make a mistake. Kindness includes humility and accountability.
- **Check in** on someone who's been quiet or distant.
- **Celebrate small wins**, not just big achievements. All wins are worth celebrating.
- **Defend kindness.** Speak up gently if someone is being excluded or treated unfairly.
- **Show up consistently**, even when it's inconvenient.
- **Pay it forward.** Buy someone's coffee, groceries, or even fill someone's parking meter.
- **Volunteer your time and/or talent.**
 - Volunteer with Easterseals MORC Miracle League!
 - Find organizations that are looking for volunteers at [sharedetroit.org](https://www.sharedetroit.org)
- **Support** local businesses and **thank** workers by name.
- **Pick up litter** and care for shared spaces without expecting recognition.
- **Talk about kindness** you've received, not just what you've given.
- **Model calm and respect during conflict**, others will notice.
- **Encourage kids and teens by recognizing effort**, not just results.
- **Invite others** to join you in kind acts instead of doing them alone. Activities are always more fun with friends and loved ones!

What's one small act of kindness you can do today?

To speak to someone at Easterseals MORC, call 1.800.75.SEALS.

If you or a loved one is experiencing a mental health emergency, call or text 988 or chat at [988lifeline.org](https://www.988lifeline.org).



Scan this code to learn more about Choose Kindness!