

Little ACTS BIG Impacts

Plan an *act of kindness.*

 Cut out and share

Acknowledge
when you've
done well

Set realistic
goals

Take time
out for you:
Have fun!

Be present and
express genuine
interest

Give your
time without
expecting back

Take time to
connect:
Go out for coffee

Pick up a
piece of litter

Make your work
space tidy
and personal

Care for the
living world:
Plant a tree

Care for animals:
Walk a
friend's pet

Focus on
compliments
from others

Be mindful of
smiles and
thank yous

Receive with
gratitude

Do something
creative:
Create some art

Kindness starts with
..... you and takes flight

Response
Ability



A Mental Health Month
initiative by
www.responseability.org

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