

## **November Mental Health and Wellness Theme:**

### **Random Acts of Kindness Give Away!**

[World Kindness Day History](#) (Click title to read the full article)

#### **How to Enter:**

On Facebook – please post your pictures and stories in the comments below and use the hashtag #putakindeedinyourfeed

On Instagram – Post your picture and story to your Instagram story and tag us and use the hashtag #putakindeedinyourfeed. Have a private account? Make sure to message us a screenshot so we can see your entry!

On Twitter – Post your picture and story on your feed and tag us and use the hashtag #putakindeedinyourfeed

*This giveaway is not affiliated or sponsored by Facebook, Instagram or Twitter. Only open to current RPSTA members.*

[The art Of Kindness](#) (click title to read the article)

Being Kind has many benefits:

**-Good for the body:** “Kindness has been shown to increase self-esteem, empathy and compassion, and improve mood. It can decrease blood pressure and cortisol, a stress hormone, which directly impacts stress levels.”

**-Good for the Mind:** “Physiologically, kindness can positively change your brain. Being kind boosts serotonin and dopamine.”

**-Be Kind to Yourself:** “You wouldn't talk to your neighbor the way you sometimes talk to yourself. This is what I call the “good neighbor policy,” which can be helpful. If you would not say it to your good neighbor, do not say it about yourself.”

**-Take Action:** “Simply asking "How am I going to practice kindness today?" can be helpful.”

[Kindness Matters Guide](#) (click title for full article)

**“We're all familiar with the saying “it's better to give than receive”. What might surprise you is that this is actually backed up by research.”**

**-Check it the website for all the benefits of being Kind:**

-Helping Others feel Good

-Creates a Sense of Belonging and Reduces Isolation

- It Helps to Keep Things in Perspective
- The More You Do for Others the More You Do for Yourself

**-Check Out the Article for Things to Remember:**

- Do Something You Enjoy
- Keep Others in Mind
- Don't Over Do It

<https://www.randomactsofkindness.org/world-kindness-day/seven-ways>



