

Kind July

acts of kindness

in the workplace

human* kind be both

do something kind this July
#kindjuly

Kindness is simple and can change someone's day or life. If each one of us, did just one act of everyday kindness daily, that would equate to **9.1 billion** acts of kindness a year (based on a population of 25 million Australians). For kind July that would be **775 million** acts of kindness. The possibilities are endless – together what a great country we can be.



It feels good to do good. Share and inspire #kindjuly kindness is contagious!

Find out more on how you can get involved on our staykind.org website



To get you started we have 31 acts of kindness that you can do for July or why not start your own!

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”

smile and say 'hello'	kindness day award - recognise someone who has shown great kindness or done a good deed that inspired	send out a kindness day email with a personal note that recognises or thanks people for their efforts	offer kindness day discounts, extras or 'freebies' to your clients	become a regular volunteer for a cause you care about
organise ubereats or an office treat such as a breakfast or lunch for your team	offer customers an opportunity to donate their change or discount to a cause	'winter warmers' donation event' ask everyone to bring in coats, blankets and towels they do not need anymore and give all the donated 'winter warmers' to a homeless or animal shelter charity	Stay Kind to yourself and do some exercise or take a screen break	thank a colleague
be encouraging and constructive with your criticism	meet a colleague for a (virtual) coffee or lunch	say good morning to everyone on your way into work and goodbye on your way home	celebrate success of your team or peers	ask someone how they feel and listen to the answer

involve your colleagues, friends or family in your act of kindness

give someone else a break	organise virtual social activities/games on the last friday of the month	handwrite a 'thank you' note - it means the world	kindness is contagious, be a kindness champion	offer to share the workload with a team member
introduce a colleague to a contact in your network	tell your team and your boss what you appreciate about them	invite a new co-worker to your (virtual) lunch group	mentor someone by sharing something you learned the hard way	make an effort to stay kind today in everything that you say or do
Stay Kind remember everyone is going through their own struggles	find a way today to be thoughtful and kind	tell someone how they have helped you grow	make sure everyone in meetings feels included	leave only kind comments on social media

In 2018 researchers from the University of California reported that the headquarters of a Spanish corporate workplace assigned 111 employees to be Givers, Receivers, and Controls.

Participants were told they were part of a happiness study. Givers and Receivers were found to mutually benefit in well-being in both the short-term and the long-term where Receivers became happier after 2 months, and Givers became less depressed and more satisfied with their lives and jobs.

Givers' prosocial acts inspired others to act: Receivers paid their acts of kindness forward with 278% more prosocial behaviours than Controls.

Results from this study also reveal that practicing everyday prosocial behaviours is both emotionally reinforcing and contagious (inspiring kindness and generating hedonic rewards in others) and that receiving everyday prosociality is an unequivocally positive experience.

Chancellor J, Margolis S, Jacobs Bao K, Lyubomirsky S. Everyday prosociality in the workplace: The reinforcing benefits of giving, getting, and glimpsing. *Emotion*. 2018;18(4):507-517. doi:10.1037/emo0000321

If 20 acts of everyday kindness in 4 weeks creates this amount of social impact, imagine what Kind July and 31 acts of everyday kindness can do.

**Become a Kindness Champion in your workplace.
Join our Stay Kind movement at staykind.org**

Social impact starts with you!

**If you would like to find out more information on Kind July
or are interested in embedding Stay Kind into your organisation our contact details are below.**



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