

# Kind July

**31 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](http://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."**

[1] <b>smile and say 'hello'</b>	[2] <b>recognise someone who has shown great kindness or done a good deed that inspired</b>	[3] <b>send out an email with a personal note, recognising or thanking people for their efforts</b>	[4] <b>offer kindness day discounts, extras or 'freebies' to your clients</b>	[5] <b>become a regular volunteer for a cause you care about</b>
[6] <b>organise ubereats or an office treat such as a breakfast or lunch for your team</b>	[7] <b>offer customers an opportunity to donate their change or discount to a cause</b>	[8] <b>'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</b>	[9] <b>Stay Kind to yourself and do some exercise or take a screen break</b>	[10] <b>thank a colleague</b>
[11] <b>be encouraging and constructive with your criticism</b>	[12] <b>meet a colleague for a (virtual) coffee or lunch</b>	[13] <b>say good morning to everyone on your way into work and goodbye on your way home</b>	[14] <b>celebrate success of your team or peers</b>	[15] <b>ask someone how they feel and listen to the answer</b>

[16] **involve your colleagues, friends or family in your act of kindness**

[17] <b>give someone else a break</b>	[18] <b>organise virtual social activities/games on the last friday of the month</b>	[19] <b>handwrite a 'thank you' note - it means the world</b>	[20] <b>kindness is contagious, be a kindness champion</b>	[21] <b>offer to share the workload with a team member</b>
[22] <b>introduce a colleague to a contact in your network</b>	[23] <b>tell your team and your boss what you appreciate about them</b>	[24] <b>invite a new co-worker to your (virtual) lunch group</b>	[25] <b>mentor someone by sharing something you learned the hard way</b>	[26] <b>make an effort to stay kind today in everything that you say or do</b>
[27] <b>Stay Kind remember everyone is going through their own struggles</b>	[28] <b>find a way today to be thoughtful and kind</b>	[29] <b>tell someone how they have helped you grow</b>	[30] <b>make sure everyone in meetings feels included</b>	[31] <b>leave only kind comments on social media</b>

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](https://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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